

Stir Fry Vegetables for 10



What?

1. Olive Oil : 2 tbsp
2. Fresh broccoli florets: pre-steamed, 1 cup
3. Fresh spinach : chopped, 2 cups
4. Diced red onions : 1 cup
5. Frozen peas (thawed) : 1 cup
6. Julienned bell peppers (red, orange, green) : 1 of each
7. Baby carrots or sliced carrots : pre-steamed, 1 cup
8. Potatoes (red, purple, yellow) : diced or sliced, pre-cooked, 1 cup
9. Frozen Corn : thawed, 1 cup
10. Minced garlic : optional, to taste
11. Chopped cilantro : 2 cups
12. Paprika (to taste)
13. Salt
14. Any dried herbs (basil, thyme) : ¼ cup

How?

1. In a large pan heat oil on low
2. Stir in onions, garlic, paprika and saute till aroma releases and starts browning, about 5 mins
3. Stir in spinach, saute for 5 mins; stir in rest of pre-cooked vegetables one at a time, stirring gently
4. Mix in salt, some more paprika and dried herbs
5. Turn off heat and transfer to pan; Let cool; Sprinkle chopped cilantro