



# Recipes

## Vegetables

### **Rainbow Stir Fry**

*Prep Time: 10 minutes*

*Cooking Time: 10 minutes*

*Yield: 4-6 servings*

#### **Ingredients:**

- 2 ears of corn (corn sliced off)
- 2 carrots, thinly sliced
- 1 bunch broccoli
- 1 cup purple cabbage, shredded
- 1 pint cherry tomatoes
- 1 tablespoon olive oil
- 1 teaspoon Braggs Liquid Amino

#### **Directions:**

1. Heat oil in a large skillet or pan.
2. Add carrots, stir and cook for 2 minutes. Add broccoli, stir and cook for 2 minutes.
3. Add remaining ingredients and stir for 2 minutes. Then add a splash of water, cover and allow to steam for 3 minutes.
4. Remove from heat, stir and leave covered for 2-3 minutes, depending on how crunchy you like your veggies.
5. Sprinkle Braggs Liquid Aminos and stir. Serve.