



The Micheff Sisters

Wholesome Grains (2/3/16)

Eggplant Stir Fry

Ingredients:

- 2 c. water – for sautéing
- 2 c. onions – slivered
- 2 c. red, orange, and yellow peppers, coarsely chopped
- 3 gloves fresh garlic
- 6 c. eggplant – cubed
- ½ c. carrots – slivered
- 1 c. broccoli florets
- 1 tsp. seasoned salt
- 1 tsp. McKay's Beef Style Seasoning
- ¼ c. Bragg Liquid Aminos
- ½ tsp. Sriracha hot chili sauce
- 2 Tbs. sugar
- 1 tsp. toasted sesame oil
- 1 Tbs. cornstarch
- 1 Tbs. cold water



Directions:

Sauté in 2 cups water the onions, pepper, fresh garlic, carrots, eggplant, sriracha hot chili sauce, sugar and seasonings. When onions are almost done add the broccoli and simmer till the broccoli is tender crunchy. Mix the cornstarch and water together and thicken the sauce. Take off of stove and stir in the toasted Sesame oil. Serve with cooked brown rice.

Yields: 10 – ½ cup servings

Linda Johnson