



Stir Fry Veggies Recipe

Prep Time 15 minutes

Cook Time 10 minutes

Total Time 25 minutes

Servings 6 servings

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Course Dinner

Cuisine Asian Fusion, Chinese

Ready in minutes, Stir Fry Veggies is light, quick and easy for busy weeknight dinners.

Ingredients

- 2 tbsp olive oil
- 2 garlic cloves minced
- 1 cup chopped onion
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 cup chopped broccoli
- 1 cup chopped red bell pepper
- 1 cup small button mushrooms
- 1 cup shelled edamame
- 1/2 cup chopped baby corn
- 1/2 cup matchstick cut carrots
- 1/2 cup chopped snow peas

Sauce:

- 1/2 cup fresh orange juice
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 tbsp [hoisin sauce](#)
- 1 tbsp rice wine
- 1 tbsp minced fresh ginger

- 1 tsp chili garlic sauce
- 1 tsp fish sauce
- 1/2 tsp sesame oil

Garnish:

- chopped green onions optional
- sesame seeds optional

Instructions

1. In medium bowl, whisk together the orange juice, soy sauce, honey, hoisin sauce, rice wine, ginger, chili garlic sauce, fish sauce and sesame oil. Set aside
2. Place a high sided skillet or wok over medium heat. Add the olive oil and garlic. Cook the garlic for 1 minute or until fragrant. Remove the garlic from the pan and reserve
3. Add the onion to the pan, cook for 2 minutes. Stir in the zucchini, squash, broccoli and bell pepper, cook for an additional 1-2 minutes
4. Add the mushrooms to the pan and cook for 1-2 minutes or until tender. Stir in the edamame, corn, carrots and snow peas cooking for an additional minute
5. Pour the sauce over the beef stir fry and toss to combine. Cook for an additional 2-3 minutes tossing a few times to allow the sauce to thicken and caramelize
6. To serve, top the stir fry with sliced green onions and toasted sesame seeds, if desired

Nutrition Information

Calories: 208, Carbohydrates: 31g, Protein: 7g, Fat: 7g, Sodium: 723mg, Potassium: 571mg, Fiber: 4g, Sugar: 20g, Vitamin A: 2920IU, Vitamin C: 73.3mg, Calcium: 50mg, Iron: 1.7mg

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