

Rainbow Stir-Fry



- 1 tsp olive, avocado or coconut oil
- 3 green onions, trimmed and sliced
- 3 garlic cloves, minced
- 6 oz shiitake mushrooms, tip of foot removed and sliced thin
- 2 carrots, scrubbed and cut thinly on the angle
- 1 red bell pepper, seeded, cored, and cut into bite-sized strips
- 3 bunches baby bok choy, cut into thin strips
- 3 Tbsp wheat-free tamari sauce or liquid aminos
- 1 Tbsp rice vinegar
- 1/2 Tbsp grated ginger (optional)
- Red pepper flakes (optional)
- Cooked brown rice for serving

1. In a large skillet, heat oil and add onion. Saute for a few minutes, then add shiitake mushrooms, carrots and bell pepper. Stir-fry for 4-5 minutes, adding water to the pan by the tablespoon if the veggies start to stick.
2. Next add bok choy, garlic, tamari sauce and rice vinegar. Grate ginger over top, if using. Toss to combine and continue tossing until bok choy has wilted. Turn off heat, sprinkle red pepper flakes over the veggies and serve over brown rice.
3. Serve with more tamari sauce or rice vinegar as desired.