



Makes 8 cups
Preparation Time: 40 minutes
Cook Time: 5 minutes

INGREDIENTS:

⅓ cup + 2 tablespoons low-sodium vegetable broth

2 tablespoons reduced-sodium tamari

3 tablespoons brown rice vinegar, plus more for serving

1 tablespoon packed pure cane brown sugar

½ teaspoon crushed red pepper

8 oz. dry whole grain udon noodles

4 cups sliced napa cabbage

8 oz. fresh shiitake mushrooms, stemmed and sliced

2 cups slivered snow pea pods

1 cup matchstick-cut carrots

2 cups fresh or frozen green peas

5 cloves garlic, minced

1 tablespoon sesame seeds, toasted

Stir-Fried Udon Noodles with Mixed Vegetables

Is there anything better than a big bowl of slurpable noodles, tender veggies, and savory sauce? We certainly don't think so! This **oil-free stir-fry** is packed to the brim with healthy ingredients without losing that classic comfort-food taste. Chewy udon noodles soak up the savory and spicy sauce while fresh carrots, snow peas, mushrooms, and cabbage add a delicious crunch. A sprinkling of toasted sesame seeds is the perfect garnish to round out this crave-worthy stir-fry.

Tip: Eden Foods and Organic Planet make whole wheat versions of the fat, chewy Japanese noodles known as udon, and Lotus Foods makes a brown rice version. If you can't find them, substitute whole grain linguine.

For more oil-free stir fry recipes, check out these tasty ideas:

- [Ginger-Soy Veggie Stir-Fry](#)
- [Szechwan Stir-Fry](#)
- [Spicy Stir-Fry Tacos](#)
- [Crispy Tofu and Veggie Stir-Fry](#)

By Shelli McConnell

- 1 For sauce, in a small bowl stir together ⅓ cup broth, the tamari, rice vinegar, brown sugar, and crushed red pepper.
- 2 Cook noodles according to package directions; drain.
- 3 In an extra-large wok cook cabbage, mushrooms, pea pods, and carrots in 2 tablespoons broth over medium-high 4 minutes or just until crisp-tender, stirring frequently and adding broth or water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add green peas and garlic; cook and stir 1 minute more. Add noodles and sauce; cook and stir 2 minutes to coat noodles and heat through. Sprinkle with sesame seeds. If desired, serve with additional vinegar.