



Makes 9 cups
Cook Time: 30 minutes

INGREDIENTS:

CHINESE BROWN SAUCE

⅓ cup reduced-sodium soy sauce

⅓ cup low-sodium vegetable broth

¼ cup date molasses or brown rice syrup

2 teaspoons grated fresh ginger

2 cloves garlic, minced

2 teaspoons arrowroot powder or cornstarch

STIR-FRY

8 oz. dried brown rice or whole wheat noodles

½ cup thinly sliced yellow onion

1½ cups fresh snow pea pods, trimmed

1 cup 1-inch pieces asparagus

½ cup thin, bite-size carrot strips

½ cup chopped fresh chives

Freshly ground black pepper

Stir-Fried Noodles with Veggies

With this easy vegan stir-fried noodle recipe, you can whip up a simple Chinese-style brown sauce, cook some rice noodles, and stir-fry a rainbow of fresh veggies for a fast and fabulous meal.

By Del Sroufe

- 1 Combine soy sauce, vegetable broth, brown rice syrup, ginger, garlic, and arrowroot in a medium saucepan; cook over medium heat until thickened, about 5 minutes.
- 2 Meanwhile, cook noodles according to package directions. Drain and keep warm.
- 3 Heat a large skillet over high heat. Add onion; cook and stir 4 minutes, adding water 1 to 2 tablespoons at a time, as needed to prevent sticking. Add pea pods, asparagus, and carrots; cook and stir 3 minutes. Add Chinese Brown Sauce; cook 2 minutes or until heated through, stirring occasionally. Add noodles and chives; toss to coat. Cook 1 minute more. Season with pepper.