

# Vegetable Noodle Stir Fry

## Entrée

Serves: ~ 4

**Items Needed:** pot, colander, cutting board, knife, large skillet, small bowl, spatula, tongs

### Ingredients:

- 8 ounces rice noodles or other noodles of your preference
- 1 tbsp sesame oil (optional)
- 1 tbsp olive oil
- ½ cup broccoli- chopped
- ½ cup shredded carrots
- ½ cup red bell pepper - sliced
- ½ cup white onions - sliced
- ½ cup mushrooms
- 1 tbsp garlic- chopped
- 1 tbsp soy sauce
- 1 tbsp peanut butter (optional)
- 1 tbsp coconut milk (optional)
- ¼ cup cashews

### Directions:

1. Cook noodles according to directions on package
2. In a large skillet heat oil for 1 minute over medium heat
3. Add broccoli to skillet and cook for 2 minutes
4. Add shredded carrots, red bell pepper and white onions to broccoli in skillet, cook for 3 minutes
5. Add mushrooms to skillet and cook for 3 minutes
6. While mushrooms are cooking in a small bowl mix garlic, soy sauce, and peanut butter if using
7. Reduce heat to low, add rice noodles to skillet and pour sauce over vegetables
8. Toss well to coat noodles and vegetables with sauce
9. Remove from heat and serve
10. Top with cashews or peanuts as a garnish if you wish and enjoy!

