

# Ten-Minute Mixed-Veggie Stir-Fry

Source: Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipes by Dreena Burton

Prepare the rice in advance, and you will have this stir-fry ready in about 10 minutes! Top with premarinated, baked tofu for an optional protein and calcium boost!

## About the Recipe

**394 Calories · 11.3 g Protein · 7.5 g Fiber**

**Dinner**

**Gluten-free · Nut-free**

This recipe features a variety of different colored vegetables, which are packed with antioxidants that keep you healthy.

*Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

## Ingredients

**Makes 3 Servings**

- 1 c (150 g) diced bell peppers or carrots
- 1 c (78 g) corn kernels or green peas, or a combination of both
- 1/2 c (26 g) sliced green onions or chives; if using chives, add at the end of cooking
- 1/2 c (51 g) diced celery
- 5 c (475 g) precooked brown rice or quinoa
- 1 c (122 g) diced precooked potatoes; or 1/2 c (47 g) more rice
- 1/4 to 1/3 c (60 to 80 mL) tamari
- 1 to 2 tbsp (15 to 30 mL) water
- to taste iodized salt
- to taste Freshly ground black pepper

## Directions

1. In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions, and celery, stirring occasionally.&nbsp;
2. Cook for 3 to 4 minutes, and then add the rice, potatoes (if using), and 1/4 c (60 mL) of the tamari.
3. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking.
4. Heat the rice through, and toast it a little in spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.&nbsp;

## Nutrition Facts

*Per serving:*

**Calories:** 394

**Fat:** 3 g

**Saturated Fat:** 0.7 g

**Calories from Fat:** 6.4%

**Cholesterol:** 0 mg

**Protein:** 11.3 g

**Carbohydrates:** 81.6 g

**Sugar:** 4.9 g

**Fiber:** 7.5 g

**Sodium:** 638 mg

**Calcium:** 39 mg

**Iron:** 2.6 mg

**Vitamin C:** 61.4 mg

**Beta-Carotene:** 920 mcg

**Vitamin E:** 1.2 mg