

SIMPLE VEGGIE STIR-FRY WITH MUSHROOMS AND ZUCCHINI

A simple vegetable stir-fry is a must have for any recipe repertoire! It can be a real lifesaver on a busy weeknight. The best part about stir-fry is how versatile it is, you can make it with any protein, any veggie and serve it over any grain you and your family love! The mushrooms, zucchini and carrots pack a ton of healthy veggies with strong caramelization for extra flavor!



Ingredients

- 1 onion
- 1 or 2 zucchini
(depending on size!)
- 0.5 lb mushrooms
- 2 carrots

From your pantry

- 1 cup rice
- 2 cloves garlic
- 1 Tbsp. honey or sugar
- 3 Tbsp soy sauce
- 1 Tbsp. sesame oil
- Oil
- Salt and pepper

Equipment:

- Medium pot
- Large skillet

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Remove end from carrots and cut into thin disks. Remove ends from zucchini, cut in half lengthwise and then slice into 1/2" pieces. Remove ends and peel from onion and slice thin. Cut mushrooms in half or quarters depending on size.
2. In a medium pot, heat 1 Tbsp. oil on high until shimmering. Add brown rice and sauté until lightly toasted and aromatic, 1-2 minutes. Add 1 1/2 cups water and salt. Bring to a boil. Cover, reduce heat to low and simmer until rice is tender and water is absorbed, 20-25 minutes. Fluff with a fork. If not fully cooked, add 1/4 cup water, cover and cook for 8-10 min.
3. Mix soy sauce, sugar or honey, garlic and sesame oil in a small bowl until incorporated and set aside. Heat up a large skillet, add 1 Tbsp. oil and heat. Add carrots and mushrooms and stir-fry for 2-3 min until lightly browned. Add zucchini and cook another 2-3 min allowing some caramelization to happen on all the veggies.
4. Add sauce and cook on high heat for another 2-3 min until sauce begins to thicken and everything is combined. Remove from heat and serve over cooked rice. Enjoy!

Tips, Tricks, and Terms

CARAMELIZING- WHAT IT IS AND WHY IT MATTERS?

Caramelization happens when sugar is introduced to heat. The compounds that are released alter the flavor and the color of the sugar, most noticeably the color changes and the food begins to brown. That browning creates sweetness and a slight crust that enhances the flavor and locks in moisture. This can happen in most foods because they all have naturally occurring sugars. Some examples are searing proteins, cooking veggies, roasting roots like potatoes etc. etc! A good trick to get better browning is to heat pan or cooking surface, then add an oil or fat to transfer that heat and finally allow a little time before moving or tossing so that surface has a time to work on the sugars!



A little about..

SOY SAUCE: a salty, umami-packed condiment which originated in China more than 2,000 years ago, great for adding a complex savory saltiness to dishes.

MINCE: cut into very small pieces, smallest cut possible but not pureed



The Hmong American Farmers Association (HAFA) works with Hmong American farmers in the Twin Cities area. HAFA was started by and is led by Hmong American farmers and uses an organizing approach to do its work. The HAFA Farm has 155 acres subleased to over 20 experienced farmer families. HAFA focuses on farm business development, continued farmer training and education, and access to land and markets to support Hmong farmers in Minnesota's local food economy.

Visit hmongfarmers.com and follow @hafafarmers



THANKS TO OUR MFJN PARTNERS!

