Stir Fry Vegetable Delight



Dig into flavor and freshness with our Stir Fry Vegetable Delight. This vegetable-packed dish is quick and simple with your NESCO 12 Inch Electric Skillet. A touch of lemon juice adds just the right amount of brightness. For seafood lovers, simply add the optional precooked shrimp.

Your Key Ingredient:

NESCO 12 Inch Electric Skillet

Grocery Ingredients:

1 Tbsp olive oil
1/3 lb green beans, sliced diagonally in 1-inch lengths

2 green or red peppers, seeded and sliced
1 carrot, coarsely grated
3/4 lb (30 medium) mushrooms, sliced
1 small bunch bok choy or chard
1-3 cloves garlic, minced
2 tsp fresh ginger root, grated
1 small red onion, sliced
1 zucchini, sliced
1/4 lb tofu, cubed
1½ tsp dried basil
1/2 tsp thyme
3 Tbsp minced parsley
1 tsp lemon juice
3 Tbsp soy sauce or to taste
6-8 Medium pre-cooked or fresh shrimp (optional)

Instructions:

1. Combine oil, garlic, ginger root, onion, peppers, beans, and carrot and place in the preheated **NESCO® 12 Inch Electric Skillet** for 3 minutes.
2. Add mushrooms, bok choy, zucchini, tofu, herbs, and shrimp. Pour lemon juice and soy sauce over vegetables and cook 3-5 minutes.
3. Serve over rice. Serves 1-3.