

Vegetable Stir-Fry

Ingredients:

- 2 cups mixed vegetables (bell peppers, broccoli, carrots, snap peas)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- Cooked rice for serving

Instructions:

1. Heat sesame oil in a large skillet or wok over medium-high heat. Add garlic and ginger, sauté for 30 seconds.
2. Add mixed vegetables and stir-fry for 5-7 minutes until tender-crisp.
3. Stir in soy sauce and cook for another minute. Serve over cooked rice.