

Veggie Stir-Fry with Rice (Dinner)

Ingredients:

- 2 cups mixed vegetables (broccoli, bell peppers, carrots)
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp ginger, grated
- 2 cups cooked rice

Instructions:

1. Heat sesame oil in a pan and sauté ginger.
2. Add vegetables and stir-fry until tender-crisp.
3. Stir in soy sauce.
4. Serve hot over rice.