**Asian Stir Fry**  
*I use shrimp, but chicken, beef, tofu or eggplant can be used instead*  
Servings: 4-6  
Time: 25 minutesIngredients

* 1 tablespoon olive oil
* 4 red dried chilies (add more if you like it spicy)
* ¼ cup of peanuts
* 2 cloves of garlic, chopped (~1½ teaspoon)
* 1 yellow onion, chopped lengthwise
* 12 oz. large shrimp (31-40 per pound), or chicken, beef, tofu or eggplant cut in cubes
* 1 tomato, chopped
* ½ cup green beans
* ½ each of a green, yellow, red and orange bell pepper, chopped lengthwise and then in half
* 2 teaspoons soy sauce
* 2 teaspoons Kung Pao sauce (spicy hot preferred)
* 2 teaspoons fish sauce
* ¼ pound thin spaghetti, cooked (optional)Instructions

1. Heat olive oil over medium heat for a minute
2. Add dried chilies and cook until medium brown (~30 seconds)
3. Add peanuts, garlic and onions and cook until onions are a light brown, about 5-10 minutes
4. Add shrimp (or alternative) and mix together, coating with oil
5. A minute later, add green beans and mix together
6. A minute later, add tomatoes and mix together
7. After 5 minutes, add the sauces
8. Turn on medium high heat, add bell peppers and mix
9. Cover for 5 minutes
10. Add noodles and mix together
11. Serve in a bowl, loading it with veggies and shrimp or the alternatives, and less with noodles