

Vegetable Stir-Fry and Noodles

Noodles: 2 cups Chow Mein Noodles
 4 cups Water

1. Bring water to a boil on high heat in a medium saucepan.
2. Once water is boiling, put the noodles into the water and boil for 2-3 minutes.

Vegetable Stir-Fry

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| 1 | carrot | Sauce: | |
| 1 | stalk of celery | 125 ml | water |
| ½ | green pepper | 5 ml | vegetable soup base |
| 1 c. | broccoli | 5ml | soya sauce |
| 15 ml | oil | 10 ml | corn starch |
| ¼ | onion | 2 ml | sugar |
| | | | salt and pepper to taste |

METHOD

1. Wash and peel carrot. Wash celery. Slice carrot and celery diagonally.
2. Chop onion. Wash pepper and slice.
3. In a liquid measuring cup, mix together the ingredients for the sauce. Set aside.
4. Put oil in a frying pan and heat up on medium-high heat.
5. Add sliced carrots and cook until slightly tender. Keep stirring so they don't brown.
6. Add the celery, onions, and green pepper. Cook a few minutes longer, stirring constantly.
7. Pour the sauce over the vegetables and cook until vegetables are heated through and the sauce is thickened.
8. Serve over hot noodles.