

Veggie Lo Mein



SERVINGS: 4 -6

PREP TIME: 20 MIN

TOTAL TIME: 40 MIN

INGREDIENTS

Sauce:

½ cup water

½ teaspoon better-than-buillon

⅓ cup soy sauce

2 tbsp brown sugar

1 tbsp sesame oil

Lo Mein

2 large carrots

1 small head broccoli

1 red bell pepper

1 medium onion sliced

4 garlic cloves

8 oz package lo mein noodles

Thinly slice the pepper



- ## DIRECTIONS
1. Cook the noodles. Drain and rinse in cold water so they don't stick together. Set aside.
 2. Combine all of the sauce ingredients in a bowl. Whisk until evenly combined.
 3. Chop the vegetables like in the pictures below:

Julienne the carrots (cut into sticks)



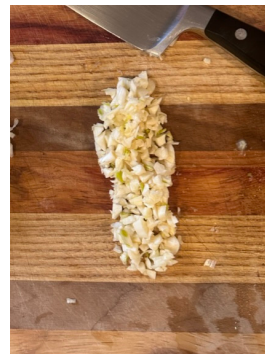
Chop the broccoli into small florets



Thinly slice the onion



Mince the garlic



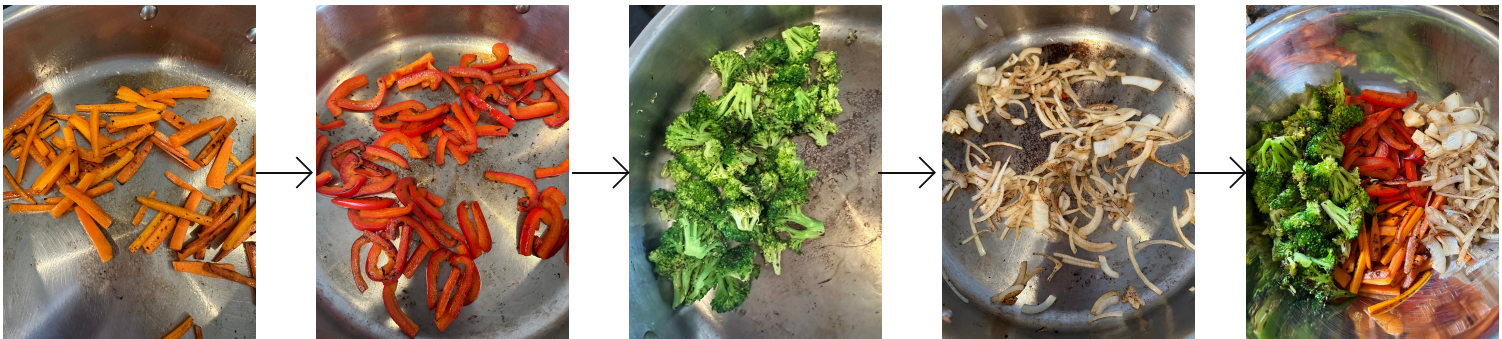
More on other side



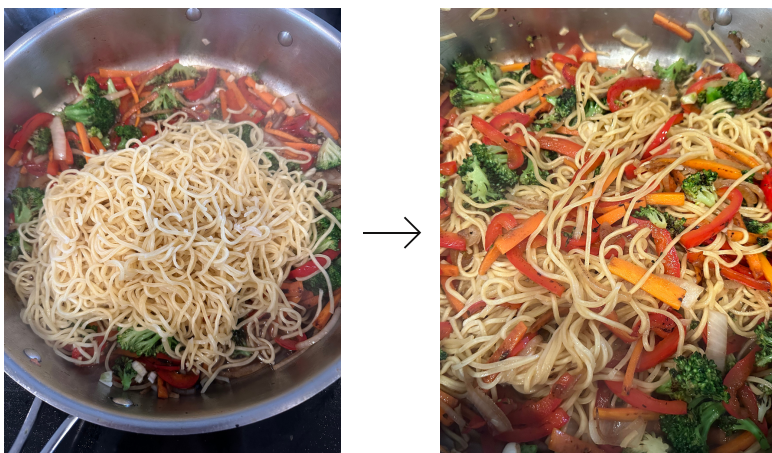
Veggie Lo Mein

DIRECTIONS CONTINUED

4. Heat a pan on medium heat. Add 1 tablespoon of canola oil.
5. Cook the carrots until they start to brown. Remove from pan and set aside. You can place them in a large bowl.
6. Cook pepper until it starts to brown. Add to bowl of cooked carrots.
7. Cook broccoli until it starts to brown. Add to the bowl of cooked veggies.
8. Cook onion until it starts to brown. Add to the bowl of cooked veggies



9. Add all veggies back to the pan with the garlic.
10. Add noodles and sauce to pan. Cook for 5 more minutes.



NOTES