

Stir Fry Pasta with Vegetables

Serves 4

BENBELLA
vegan



Ingredients

- 12 ounces whole grain penne pasta, cooked according to package instructions
- ½ medium yellow onion, julienned
- 1 medium carrot, cut into matchsticks
- 1 large head broccoli, cut into florets
- 1 cup sugar snap peas, ends trimmed and cut in half
- 3 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 3 tablespoons Bragg Liquid Aminos, more or less to taste
- Black pepper to taste

Steps

1. Cook the pasta. Heat a large skillet over high heat.
2. Add the onion, carrots, and broccoli. Stir-fry for four minute, adding water one to two tablespoons at a time to keep the vegetables from sticking.
3. Add the sugar snap peas and cook for two minutes.
4. Add the garlic, ginger, Bragg Liquid Aminos, and cooked pasta. Cook another minute and season with black pepper.

RECIPE IN

