



www.verrillfarm.com

info@verrillfarm.com

(978) 369-4494

Bok Choy With Mixed Vegetables

INGREDIENTS:

- 2 TB vegetable oil
- 1 TB soy sauce
- 1 med. red onion, sliced
- 2 tsp. fish sauce
- 1/2 red pepper, julienned
- black pepper
- 2 cups sliced cremini mushrooms
- 1 1/2 cups 2" pieces of fresh asparagus, beans or julienned carrots
- 3 med. bok choy, sliced
- 3 cloves garlic, sliced

PROCESS:

In a large saute pan, heat the oil and add the onions and pepper. Cook about 2 min.

Add the other vegetables, except the bok choy, and cook for another 2 min.

Add the bok choy, garlic, soy sauce and fish sauce and saute until just wilted. Add the black pepper.