

Low Heated Stir Fry Vegetables

1/2 chopped onion

1 bunch asparagus (cut off the tough ends)

1 cup diced zucchini

1/2 cup sliced mushrooms

1/2 red pepper

Braggs Aminos

Black pepper grinder

Place the veggies in the glass pan in the electric skillet. Sprinkle with Braggs and grind some pepper over the veggies to desired amount. Low heat 3 to 4 hours to desired consistency. Serve over zucchini noodles or low heated grains.

Recipe by Jo Francks

