

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Simple Stir Fry

1 small white onion, coarsely chopped

1 orange, yellow, or red bell pepper, coarsely chopped

1 cup Mini Bella mushrooms, coarsely chopped

4 cloves minced garlic

1 small zucchini, spiralized or coarsely grated

1 can white beans, rinsed and drained

1/4-1/3 cup vegetable or chicken stock

Cayenne pepper

Bragg Liquid Aminos

4 cups cooked brown rice

In a large frying pan stir fry the onion, pepper, and mushrooms in a little olive oil over med-high heat for 2 minutes. Add the garlic, zucchini, and white beans and cook for 2 more minutes or until beans are warmed through. Add the stock a little at a time until the "sauce" is your desired consistency. Take the pan off the heat and add cayenne pepper and Liquid Aminos to taste. Serve over brown rice.