

# Shiitake, Green Bean and Tomato Stir Fry

## Ingredients

### Stir Fry:

- 1 Tbs avocado or sesame oil
- 2 cups green beans, halved
- 1 c shiitake mushrooms, sliced
- 1 Tbs chopped ginger
- 2 garlic cloves, sliced
- 15 cherry tomatoes, halved
- 1 Tbs sesame seeds

### Sauce:

- 1 Tbs low sodium soy sauce or tamari
- 1 Tbs unseasoned rice vinegar
- 1 tsp honey or monkfruit

**Yield: 2 servings**



*Stir fry is an easy way to get your veggies in using whatever you have in the fridge. This quick weekday meal highlights summer's last cherry tomatoes before frost. Serve with brown rice, noodles or even cauliflower rice. This recipe is satisfying as is, or add 3 oz. of your favorite cooked protein per person: tofu, tempeh, chicken or sliced beef work well.*

### Instructions:

1. Heat oil in large skillet, add green beans and sliced mushrooms, stirring frequently for 5 minutes.
2. Add ginger, garlic and tomatoes. Cook for 2 minutes until aromatic.
3. In a small mixing bowl, combine soy sauce, rice vinegar and sweetener. Pour over cooking vegetables, turn heat to medium low and continue cooking 1-4 minutes until green beans are desired doneness.
4. Sprinkle finished stir fry with sesame seeds and serve!



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