

# EatAtHomeAlabama.com

## Five-Veggie Stir Fry

Prep Cook Time: 20 minutes

SERVES 6

### Ingredients:

2 tablespoons cornstarch  
2 tablespoons sugar  
½ teaspoon ground ginger  
1 cup Barber's Dairy Orange Juice  
¼ cup reduced sodium soy sauce  
2 garlic cloves, minced  
2 large carrots, sliced  
2 cups broccoli florets  
2 cups cauliflowers  
4 teaspoons olive oil, dived  
1 cup quartered fresh mushrooms  
1 cup fresh or frozen snow peas  
4 cups hot cooked rice

### Steps

1. In a small bowl, combine the cornstarch, sugar and ginger. Stir in Barber's Dairy Orange Juice, soy sauce and garlic until well blended; set aside.
2. In a nonstick skillet or wok, stir fry the carrots, broccoli and cauliflower in 3 teaspoons of olive oil for 4-5 minutes. Add mushrooms, peas and remaining oil; stir fry for 3 minutes.
3. Stir in orange juice mixture and add to the pan. Bring to a boil; cook and stir until thickened.
4. Serve over rice