



Asian Stir Fry Veggies

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

60.8 calories, 11.52 g carbohydrate, 3.57 g fiber, 7.95 g NET carbs, 1.74 g protein, 1.44 g fat

Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 1 cup sliced organic carrots
- 4 cup(s) chopped organic green cabbage
- 1 cup sliced organic onion
- 1 tsp virgin coconut oil

Preparation

1. Preheat a large skillet or wok over medium-high heat. Add oil.
2. Add the carrots and the onions, cook 1 minute.
3. Add the cabbage and the coconut aminos.
4. Stir to coat all vegetables with coconut aminos, and cook until crisp-tender, about 2 minutes.
5. Serve.

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