

# Chinese Style Stir-Fried Veg Medley

## Prep:

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- Carrots (15 large)--washed, peeled, sliced in robotcoupe
- Spinach (3 bags)--chopped
- Celery (3 packages)--washed, diced
- Green Onions (½ bag)—rinsed, diced
- Shitake Mushrooms (1/3 of large bag)
  - Wash/Rinse
  - Soak for atleast 3-4 hrs until soft; save soaking water as a soup stock
  - Cutoff stems; save for soup stock
  - Boil mushrooms in a soy sauce marinade
- Green Cabbage (2 heads)--wash, cut in ½, de-stem, mandolin
- Thaw veggie meat (2 package)

Roughly one 4 quart container full with each veggie.

## Cooking:

- Use large double bottom brazier pot with a small amount of canola oil. Cook each veggie until soft. Start with the hardest (carrots) and progressively add the softer veggies.
- Heat mushroom sauce. Use your own discretion as to taste/seasoning.
- Heat/cook veggie meats. Use your own discretion as to taste/seasoning.