



## JONES VALLEY TEACHING FARM

# FARMER TJ'S FAMOUS STIR FRY

### INGREDIENTS:

- ⇒ 2 tbsp. sesame oil
- ⇒ 1 onion, diced
- ⇒ ½ lb. kale, chopped
- ⇒ ½ head cauliflower, chopped
- ⇒ 2 cups broccolini, chopped
- ⇒ 1 cup turnips (roots), chopped

### FOR THE SAUCE

- ⇒ ¼ cup water
- ⇒ ½ cup soy sauce
- ⇒ 3 tbsp. honey
- ⇒ 1 tsp. ground ginger
- ⇒ ½ tsp. onion powder
- ⇒ ½ tsp. garlic powder
- ⇒ ½ tsp. corn starch

### INSTRUCTIONS:

1. Prepare (chop or dice) all vegetables. Set aside.
2. Combine ingredients for the sauce (except the corn starch) in a small mixing bowl. Mix well, then add corn starch. Stir until combined and set aside.
3. Heat sesame oil in a wok or skillet over medium heat. Add vegetables to oil and cook 3-5 minutes, stirring constantly to prevent burning.
4. Stir in sauce and bring to a simmer for 1-2 minutes, or until vegetables are tender.
5. Serve on its own or over rice. Enjoy!

