

Shirataki Noodle Chinese Stir-Fry

Prep Time: 15 Min **Cook Time:** 15 Min **Total Time:** 30 Min
Serves 1

Ingredients

- 7 oz. bag of Shirataki (Yam) Noodles or Miracle Noodles
- 1 c. Fresh Broccoli, chopped
- ½ c. Green Bell Peppers, sliced
- ½ c. Mushrooms, sliced
- 1 Carrot, thinly sliced
- 1 tbsp. Peanut Butter
- 1 packet of Stevia
- 1 tbsp. Rice Vinegar
- 1 tbsp. Soy Sauce (Bragg's liquid amino acids)

Instructions

- 1 Drain & rinse the noodles. Cut noodles into bite size pieces, if desired, or leave long.
- 2 In a small bowl, combine the peanut butter, stevia, vinegar, and soy sauce and mix well.
- 3 Place this sauce mixture in a medium skillet over medium heat for 1-2 minutes.
- 4 Add the broccoli, bell peppers, and carrots to the mixture and sautee for 5-7 mins.
- 5 Stir every few minutes.
- 6 Add the mushrooms and continue to sauté until all the vegetables are soft.
- 7 Add the noodles to the sauce & vegetable mixture and mix well.
- 8 Remove from heat, serve, and enjoy!

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