

## Shrimp Vegetable SPICY Stir Fry



Adjust ingredients based on number of folks eating. Fresh veggies for best results..

- String Beans
  - Snap Peas
  - Asparagus
  - Onions
  - Green Bell Peppers
  - Mushrooms
  - Brown Rice
  - Shrimp (raw, de-veined and tail on \*remove tail)
  - Szechuan SPICY Stir Fry Sauce (I like House of Tsang)
1. Pre-cook some brown rice and trim/wash all veggies. Remove tails on shrimp.
  2. Cut all veggies to a nice even size (fresh veggies are best).
  3. On disk - (use a nice even low flame \*remember to use only enough heat as necessary) add generous amount of olive oil and lightly brown onions and green bell peppers. Picture 1.
  4. Next add peas, asparagus and string beans... cook to your consistency or lightly tender...Stir in some Spicy Stir Fry sauce. Picture 2.
  5. Add mushrooms and stir frequently until mushrooms are tender and cooked....Picture 3
  6. Stir in a helping of Spicy Stir Fry sauce
  7. Add shrimp and rice.... Picture 4
  8. Stir in a helping of Spicy Stir Fry sauce
  9. Cook and stir frequently until desired consistency is met and shrimp are a beautiful golden-orange. Picture above.
  10. ENJOY!!
  11. If you like it really spicy (like we do!) try adding some Sriracha Hot Chili Sauce to your plate! You can get this in the Oriental section and Huy Fong Foods makes this... see them at [www.huyfong.com](http://www.huyfong.com) this stuff is GREAT!

Pic 1:



Pic 2:



Pic 3:



Pic 4:

