

Teriyaki Stir-Fry with Seitan and Broccoli

Annie Thayer

Serves 4

Teriyaki sauce

¼ cup cooking sherry
¼ cup tamari (or slightly less)
1 clove garlic, pressed
2 tsp chopped ginger
1 T vegetable oil
1 tsp sweetener such as raw sugar

Mix all ingredients together and set aside.

Vegetable broth

1 cup hot or boiling water
1 tsp low sodium vegetable stock powder

Mix together and set aside

Cornstarch mixture

¼ cup water
2 T cornstarch or arrowroot

Mix together and set aside

Stir Fry

8 oz seitan, traditional flavor
8 oz mushrooms, sliced
3 stalks broccoli (florettes only, freeze peeled and chopped stalks for soup)
1 c snap peas, stems and strings removed
1 T ginger, minced
1 T ginger, slivered
2-3 T safflower oil
2 cups cooked brown rice
½ c toasted slivered almonds

Heat 2 tablespoons of oil in a wok over medium high heat. Add the minced ginger and cook for a few minutes. Add the seitan and lightly brown. Add the mushrooms and cook for 1 minute. Add 1 tablespoon of oil if the wok is dry. Add the broccoli and cook until it turns bright green, stirring constantly. Stir in the snap peas and the teriyaki sauce, cover and cook for one minute. Add the vegetable broth and the slivered ginger. Cover and cook until the stock boils. Add the cornstarch and cook until thick. Serve over brown rice and garnish with toasted slivered almonds.