

## Delicious Asian Stirfry



### Ingredients

1 large sweet onion, cut into strips  
2 large cloves garlic, minced  
2 cups matchstick carrots  
2 cups french green beans, halved on the bias and blanched until crisp-tender  
2 Tbsp toasted sesame oil  
Optional garnishes: Chopped fresh cilantro, sliced scallions, nuts (I like roasted cashews), toasted sesame seeds (I prefer black for color contrast), squeeze of sriracha sauce

### Sauce

1/4 cup coconut aminos (a soy sauce alternative)  
2 Tbsp almond butter or sunflower seed butter  
Juice of 1/2 lime (choose one that has thin skin and some good give to the squeeze)  
1 tsp toasted sesame oil  
1 tsp hot chili oil or to taste  
1 tsp tapioca starch  
Stir until well-combined

Add oil to large wok or wide skillet and bring to medium-high heat. Add onions and garlic and cook, stirring until fragrant- a few minutes. Add carrots. Stir to expose all veggies to the heat at the bottom of the pan. When carrots get slightly tender, add bell peppers. Continue to stir for a few minutes. Add green beans and sauce. Let sauce thicken slightly. Cook to desired crispness or tenderness of the vegetables. Eat as-is or serve over hot rice, quinoa or rice noodles. Top with the garnishes that make it awesome for you.

This meal has tons of phytonutrients and none of the toxic garbage hiding in most processed foods. Grab your chopsticks and enjoy!