



SZECHUAN ZUCCHINI STIR FRY

By Dr. Cindy Tanzar

(Standard & Maintenance Plans, Vegan/Vegetarian Options)

Looking for a delicious way to enjoy plentiful summer zucchini or yellow squash? This recipe is hard to beat. You can sub any ground meat or vegetable you prefer for variety, because these flavors may be your new favorite. Vegetarians can sub tempeh or anyone can exclude the meat and make a fresh vegetable stir fry (using 8-9 cups raw veggies) and use as your cooked vegetables.

This recipe makes 4 servings (if your protein recommendation is 3-4 oz). One serving covers your protein, cooked vegetable and fat for one meal.



INGREDIENTS

- 1 lb. ground beef/turkey/chicken OR 2-8 oz blocks of tempeh (vegan/veg)
- 5 cups quartered zucchini, yellow squash or other veggies
- 8 oz. mushrooms, sliced (any kind)
- 1 Tbsp garlic, minced
- 3 Tbsp avocado or extra virgin coconut oil, divided

Sauce:

- 1 Tbsp sesame oil
- 1/4 cup coconut aminos or Tamari (gluten free soy sauce)
- 1 Tbsp fresh ginger, minced (***See Notes**) OR 1 tsp. ground ginger
- 1 tsp. apple cider vinegar
- 1-2 tsp. Frank's Hot Sauce (or comparable brand without sugar)



INSTRUCTIONS

Whisk together sauce ingredients in a small bowl and set aside.

Heat a large skillet, wok or pan over medium-heat. Add 1 Tbsp of oil and coat the pan. Add meat, cooking until browned, and breaking into smaller pieces. Set aside into a bowl.

Add and heat another Tbsp of oil. Add the mushrooms, cooking until browned and soft. Set aside with the meat. Add another Tbsp of oil and add vegetables, sautéing until crisp tender, adding the garlic the last minute of cooking.

Add meat, mushrooms and sauce to the vegetables and mix well over the heat for one minute.

Vegan/Vegetarian Option:

Break tempeh into small chunks and place in a food processor to blend for 5-7 seconds or until tempeh is in very small pieces. You can also finely chop the tempeh, as well.

Heat a non-stick skillet over medium heat. Add the tempeh and 1 cup vegetable broth. Cook for 8-9 minutes, stirring occasionally, until the liquid is completely absorbed. Set aside and follow the rest of the recipe as written.

***NOTE:**

This is a great product for quick ginger and garlic if you can get it. I have found it at larger Walmart stores and some Kroger stores (off and on). It can be used in all kinds of dishes and cuts down on time.

3 tsps/cubes = 1 Tbsp

