

Sweet and Sour Orange Chik'n and Vegetables Stir Fry

An oil-free whole food plant-based version of the classic with tons of rainbow veggies to enjoy!



Ingredients

- 2 cups Butler soy curls
- 1-2 cups hot water
- 6-10 cups stir fry vegetables*
- 1 cup orange juice
- ½ cup applesauce
- ½ cup low sodium soy sauce
- 2 Tbsp arrowroot starch (or 1 Tbsp cornstarch)
- 2 Tbsp maple syrup
- 1 Tbsp rice wine vinegar
- 1 Tbsp chili garlic sauce**
- 1 Tbsp minced ginger
- 1 Tbsp minced garlic
- 2 tsp sesame seeds
- 1 tsp sesame oil (optional)

Instructions

1. In a measuring cup, pour the piping hot water over the soy curls for 3-5 minutes.
2. In a very large pan or pot on medium to low heat (I use 4), add the sesame oil (if using) and sauté the vegetables* until tender crisp. If the vegetables are dry, add 1 Tbsp of water or broth as needed to keep everything from sticking.
3. Drain the soy curls very well and add to the pan with the vegetables.
4. Sauté until the soy curls are slightly dry and starting to brown and vegetables are cooked to your desired preference.
5. In a small bowl or large measuring cup, whisk together the orange juice and arrowroot starch (or cornstarch) and add all of the remaining ingredients.
6. Pour over the soy curl-vegetable medley.
7. Stir occasionally until mixture thickens, about 3-5 minutes.
8. Serve over brown rice or quinoa, if desired.
9. Store any leftovers covered in the refrigerator for 3-4 days.

Notes

* Stir fry vegetables can include onions, bell peppers, broccoli, cauliflower, carrots, zucchini, squash, chard or kale, mushrooms, water chestnuts, bean sprouts, cabbage, green beans, edamame, sugar snap peas, and so on. I sometimes use a frozen medley but other times I use whatever I have on hand. The sky is the limit - enjoy your favorite vegetables and eat the rainbow!! The key is to cook hearty vegetables first. So if you're using carrots, they should go in the pan first, then add the remaining vegetables, depending on how crisp or tender you prefer.

** I love chili garlic sauce. If you don't have any, just use a sprinkling of red pepper flakes or sriracha. Adjust the amount based on your spicy/heat preference. If you prefer mild food, start with 1 tsp chili garlic sauce or a tiny dash of red pepper flakes. You can always add more.