

# SHOPPING LIST: CHOP CHOP STIR FRY

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## INGREDIENTS

- 2 Cups Broccoli Florets or 1 head of broccoli
- 1 Red Bell Peppers
- 1 Cup Snap Peas (about 4 ounces)
- Purple or Green Cabbage
- A small piece of Ginger root
- Minced Garlic or a Garlic Bulb
- 1 package of Tempeh
- Shelled Edamame Beans, about 4 ounces
- 1 each Green Onions
- Sesame Seeds
- Brown Rice either cooked or follow our recipe for basic brown rice
- Tapioca flour
- Molasses
- Coconut amino Acids
- Unseasoned rice wine vinegar
- 1 orange
- Toasted sesame oil
- Cooking oil

## DO-AHEAD PREP

1. Read through the entire recipe so that you have an understanding of the flow
2. Pull out any kitchen tools, pots and/or utensils you will need ahead of time
3. Cut the Tempeh into cubes
4. Prep and cut all the vegetables
5. Pull out any remaining ingredients

