

# Easy Cabbage Stir Fry

## Ingredients



Onion and Garlic



Cooking Oil



Rice or Noodles



Cabbage



Carrots



Bell Peppers

## Instructions

### Prep:

**Prep Time: 15 minutes**

#### Ingredients:

- ¼ cup chopped onion
- 1 clove garlic, chopped or minced
- 1 tablespoon cooking oil
- ½ cup cooked rice or 1 brick ramen noodles
- ¼ head of cabbage, chopped
- 1 cup shredded or sliced carrot (1 medium carrot)
- 1 bell pepper, sliced

#### Optional Stir Fry Sauce:

- ¼ cup soy sauce
- 3 tablespoons brown sugar
- 1-2 tablespoons sriracha (or hot sauce)

#### Optional:

- Use any kind of rice, grain, or noodle for this recipe. I love using regular white rice or packaged ramen noodles for this recipe because they are affordable, easy to make, and pair well with this recipe.
- Proteins such as ground beef, chicken, pork, or tofu, eggs, and edamame go great with this recipe.
- Add other vegetables!
- Play around with a combination of ingredients such as soy sauce, sesame oil, sriracha or hot sauce, rice vinegar, honey, and brown sugar to a sauce for a more authentic stir fry flavor.
- Top with fresh herbs such as cilantro or green onions.

### Cook:

**Cook Time: 15 minutes**

1. Cut the onion, cabbage, carrot, and bell pepper into small thin strips. Set aside.
2. If cooking with noodles, begin to cook the noodles according to the package directions. Typically, boil the noodles in a medium pot of water for 3-5 minutes, or until tender. Drain the noodles and set aside.
3. Heat the cooking oil over medium high heat in a large pan or skillet. Add the onions and garlic to the pan, cook for about 1-2 minutes until the onions are soft. Add in the other vegetables and cook for 2-3 minutes, or until the vegetables are just beginning to get soft. Add any seasonings, sauces, or spices here.
4. Add the rice or noodles to the pan and toss or stir to combine for 1-2 minutes then remove from heat.
5. Serve and enjoy!

#### Cooking Tips:

- Use a cheese grater to shred vegetables like carrots, or pre-slice your vegetables earlier in the week to save time on cooking.
- Wait a couple minutes for the oil to heat up in the pan before adding the vegetables. For stir fry, you want the oil to be very hot before adding your ingredients in the pan.