

Sweet & Sour Vegetables – Vegan

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 4
Calories per serving: 87
Fat per serving: 0

Ingredients

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 carrot, grated
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 (14.5-ounce) can diced tomatoes
- 1 clove garlic, minced
- 1 cup water
- 2 tablespoons low sodium soy sauce
- 1 1/2 tablespoons rice vinegar
- 1 1/2 tablespoons honey or xylitol
- 1/2 teaspoon ground ginger

Instructions

1. In a large steamer pan place onion, pepper, zucchini, carrot, broccoli, and steam until vegetables are tender, about 8 minutes. Remove from heat and set aside.
2. In a saucepan combine the tomatoes, garlic, water, soy sauce, vinegar, honey, ginger, and stir well.
3. Pour mixture over the cooked vegetables, mix and serve.

Notes

Nutrition facts (per serving): Calories: 87, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 557mg, total carbohydrate: 18g, fiber: 4g, sugar: 11g, protein: 5g.