**Stir Fry Vegetables x 2**

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**Freezer Package Ingredients:**

½ c broccoli chopped coarsely 2 carrots sliced thinly at an angle

1 medium onion, sliced thinly ½ c bok choy leaf and stem, chopped

1 red bell pepper, stem and seeds removed ; chopped coarsely

4-6 oz mushrooms quartered

**Other Ingredients:**

1 c quinoa, pre-cooked

2 T coconut oil

2 T balsamic vinegar

Sea salt and pepper

Melt coconut oil in pan, add all vegetables and cook over med high heat for 3-5 minutes until vegetables are slightly softened. Add vinegar and seasonings to taste. Serve immediately on top of quinoa. Serves 4