Easy Vegetarian Stir Fry
Cheap Fast and Healthy; February 14th

Ingredients:
- 1 ½ cup soy beans
- 1 bell pepper (any color will do) - chopped
- 1 can water chestnuts
- ½ medium red onion- sliced
- 1 ½ cup pea pods
- 2 Tbls Olive oil (Or as needed)
- 3 cloves garlic- grated
- ¼ cup lite soy sauce (or as needed)
- ** 2 tsp sugar to sweeten it up a bit

Directions:
1. In a pan, on medium heat, add olive oil, garlic, red onions, and soy beans
2. While these are heating, slice the remaining vegetables
3. Add sliced peppers, water chestnuts, and pea pods. Pour soy sauce over top of vegetables
4. Heat through until vegetables are tender
5. Serve over brown rice

**This recipe is very versatile...any of the vegetables can be substituted for other vegetables that you enjoy. Also the soy beans can be substituted with chicken or beef.