

## Harvest Vegetables

salad oil

1 cup thinly sliced diagonally large carrots

salt

1 pound medium sized mushrooms, halved

1 cup cherry tomatoes

1 bunch broccoli, cut into 2" pieces

1 small head cauliflower. Separated into florets

1 medium size onion, quartered

½ cup water

2 tablespoons soy sauce

### Directions:

In a 8-quart Dutch oven over medium heat. In 2 tablespoons of hot oil, cook carrots and add ¼ teaspoon of salt. Stirring frequently, until carrots are and tender-crisp, about 3-5 minutes. With slotted spoon remove carrots to a large bowl.

In 3 more tablespoons of hot oil, stir mushrooms until well coated. Cover and cook 3-5 minutes, stirring occasionally. Remove to same bowl. In 1 more tablespoon of hot oil, cook tomatoes until heated through, about 1 minute stirring continually. Remove to same bowl. In 2 more tablespoons of hot oil, stir broccoli, cauliflower and onion until well coated; add water and ½ teaspoon of salt; cover and cook 5-10 minutes, stirring occasionally until tender-crisp.

Remove the Dutch oven from heat. Return all vegetables to Dutch oven; add soy sauce; mix well. Serve hot or refrigerate to serve cold later.

Makes 5 Servings

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