

## Main Dishes

Seafood

### Shrimp with Vegetables

Today cooked shrimp is easy to get and makes this stir-fry simple to make.

1 lb. shrimp, cooked, shelled and halved  
lengthwise

1 cup chicken broth  
3 Tb. soy sauce

1 Tb. oil  
1 clove garlic, minced  
1 tsp. gingerroot, grated (optional)

2 medium carrots, thinly sliced  
1 cup cauliflower, thinly sliced

8 oz. fresh mushrooms, thinly sliced  
2 medium onions, coarsely chopped  
2 cups bok choy, chopped  
1/2 lb. fresh pea pods, cleaned and halved

1/2 lb. fresh bean spouts  
1 Tb. cornstarch mixed with 2 Tb. Water

Combine broth and soy sauce.

In wok heat oil, garlic and gingerroot, being careful not to burn garlic.

Add carrots and cauliflower, stir-fry 3 minutes.

Add rest of vegetables, except bean spouts; stir-fry until crisp-tender.

Add shrimp and bean spouts.

Add broth with cornstarch; bring to a boil.

Serve with brown or white rice.

Yield: 4 to 6 servings.

