**Edamame Stir-fry**

​**Ingredients**

1 package frozen edamame (500g)

2 ¼ cup chopped onions

2 cups chopped tomatoes

3 cups broccoli

1-2 chopped peppers of choice (bell pepper, hot peppers etc.)

1 tbs. oil of choice

1 cup water

**Spices** (you can use whichever spices you enjoy)

1 tsp. cumin seeds

¼ tsp. chili peppers (optional for spiciness)

½ tsp. turmeric

½ tsp. salt

½ tbs. coriander powder

**Instructions**

1. Boil thawed edamame for about 15 minutes until cooked
2. Add oil and cumin seeds to a heated pan. Stir and let brown
3. Add onions and stir. Cook to desired texture – for demo, cooked until slightly transparent
4. Add peppers, stir, and cook for 2 minutes
5. Add tomatoes, stir, and cook for 2 minutes
6. Add spices and water, stir, and bring to a rolling boil
7. Add edamame, stir, and cover. Cook for 2 minutes
8. Add broccoli, stir, and cook until desired texture is reached

A plate of food

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**Side options:**

* rice (parboiled or brown rice)
* Whole grain pasta
* Crackers
* Roti
* Whole grain bread