

Chinese Vegetable:

1 C Thinly sliced green cabbage
1C sliced Carrot
1 C thinly sliced Red and yellow bell peppers
1/2 C thinly sliced red onion
1tbs tamari
1 tbs coconut aminos
1/2 tsp toasted sesame seed oil
1/4 tsp ground ginger
1/2 tsp minced garlic

Mix all ingredients together and marinate for 10 mins
In a separate bowl mix 1 tsp arrow root powder and 2 tsp water

Heat 1/4 cup water to a light simmer
(Make sure water does not get too hot. You do not want to cook vegetables)
Add arrow root slurry to water and whisk for a few seconds.
Working quickly add to marinated vegetables
Serve immediately