Vegetable Lo Mein

Serves 2

2 bell peppers diced, (or a bag of frozen peppers)
1 Tbl grapeseed oil (canola or olive would be fine, too)
8 oz pkg lo mein noodles (or linguine)
2 c veggie broth (or ckn broth)
Water chestnuts, opt
Bamboo shoots, opt
Sesame seeds, opt garnish
Any other veggie you want to stir fry, opt
Cornstarch (to thicken sauce), opt

For the sauce:

5 Tbl low sodium soy sauce
1 Tbl rice vinegar

1 Tbl Hoisin sauce

1 tsp toasted sesame oil

1/2 tsp red pepper flakes

½ - 1 tsp roasted red chili paste

~1 Tbl freshly grated ginger (couple pinches of ground)

~1/4 c thinly sliced scallions (~4 individual)

3 cloves garlic

Pinch of kosher salt

Pinch of white pepper

2 Tbl dry sherry (NOT cooking sherry)

First make the sauce. Just add all the ingredients to a bowl, whisk and set aside.

Heat grapeseed oil in a deep sauté pan or wok. Add peppers and sauté ~3-5 minutes. Add water chestnuts and/or bamboo shoots, if using, and sauté a minute or two longer.

Pour in sauce, add lo mein noodles and veggie broth. Simmer, half covered, until noodles are soft. Uncover and simmer, stirring occasionally, til sauce thickens. If I use frozen peppers, I usually need to add $\sim \frac{1}{2}$ -1 tsp cornstarch to help thicken the sauce.

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