**Hot n Sour Kale Stir Fry**

**Produce**

1 bunch Lacinato kale

garlic (if needed)

1 sweet onion

1 red bell pepper

5 oz. broccoli

5 oz. white or crimini mushrooms

2 Roma tomatoes

1 piece ginger root

**Canned/Dried Foods**

brown rice(if needed)

one 8 oz. can sliced water chestnuts

one 8 oz. can bamboo shoots

low sodium veggie broth (if needed)

sesame oil(if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

white granulated sugar (if needed)

cayenne pepper (if needed)

cornstarch (if needed)

white wine to cook with (if needed)

**Frozen Foods:**

frozen peas(if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

1 package Asian-style baked tofu