**Egg Foo Young**

Servings: 4

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Total Time: 1 Hour

Equipment Needed:

Measuring Utensils, Pot (for gravy), Skillet (for eggs), Bowl, Whisk

Ingredients:

* 6 large Eggs (or vegan egg substitute)
* 1 pound Stir Fry mixture, frozen
* 2 cloves Garlic, minced
* 1 teaspoon Ginger, minced
* 1 teaspoon Liquid Aminos (OR) Coconut Aminos
* ½ teaspoon Sesame Oil
* ¼ teaspoon Salt (or to taste)
* ¼ teaspoon White Pepper
* 2 tablespoons Oil for frying
* ¼ cup finely chopped Green Onions
* *Gravy ~*
* 1 Cup Liquid Aminos (OR) Coconut Aminos
* 1 Cup Vegetable Broth
* 4 Tablespoons Cane Sugar
* 4 Tablespoons Cornstarch

\*Cook on the stove over medium-high heat, stirring continuously until it thickens to your desired consistency.

Directions:

* Prepare the Batter:
  + In a large bowl, whisk the eggs (or vegan egg substitute) with aminos, sesame oil, salt, and pepper.
  + Add stir fry mixture and garlic. Mix well to evenly distribute the vegetables.
* Cook the Patties:
  + Heat 1 tablespoon of oil in a nonstick skillet over medium heat.
  + Pour about ¼ cup of the mixture into the pan, forming a small pancake.
  + Cook for 2-3 minutes until the edges set and the bottom is golden brown.
  + Flip carefully and cook for another 2-3 minutes until fully set.
  + Repeat with the remaining batter, adding more oil as needed.
* Serve & Enjoy:
  + Serve hot, alongside brown rice or steamed vegetables and topped with green onions.
  + Eat & Enjoy!