

Garlic Butter Stir-Fried Vegetables - Quick, Easy & Packed with Flavor

Garlic Butter Stir-Fried Vegetables ??



TIME
15 min

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INGREDIENTS

- 1 cup broccoli florets
- $\frac{1}{2}$ cup carrots, thinly sliced
- 1 cup mushrooms, sliced
- 2 tbsp butter or olive oil
- 2 cloves garlic, minced
- 1 tbsp soy sauce
- 1 tsp cornstarch (optional)
- 2 tbsp water
- ... tsp black pepper
- ... tsp salt

Optional: Sesame seeds or chopped scallions for garnish

Instructions:

- 1 Make the Sauce:
- 2 SautØ the Garlic:
- 3 Cook the Vegetables:
- 4 Add the Sauce:
- 5 Garnish & Serve:

Tips for Stir-Fry Success:

Serving Suggestions:

- Steamed jasmine or basmati rice
- Quinoa or brown rice bowls
- Grilled chicken or baked tofu

A cozy main like Cajun chicken sausage gumbo or Mexican chicken and rice casserole

Storage & Leftovers:

Fridge: Store in an airtight container for up to 3 days.

Reheat: Quickly stir-fry again or microwave in 30-second bursts.

Not freezer-friendly: The vegetables may lose their texture.

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This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit

Final Thoughts:

DIRECTIONS

1. **Make the Sauce:** In a small bowl, whisk together the soy sauce, cornstarch, and water. Set aside.
2. **SautØ the Garlic:** Heat butter or olive oil in a large skillet or wok over medium-high heat. Add the minced garlic and sautØ for about 30 seconds, just until fragrant.
3. **Cook the Vegetables:** Add the carrots first and stir-fry for 2 minutes. Next, add the broccoli and mushrooms and stir-fry for 3-4 minutes until tender-crisp.
4. **Add the Sauce:** Pour in the prepared sauce and toss everything together. Cook for 1 more minute, until the sauce slightly thickens and coats the vegetables.
5. **Garnish & Serve:** Sprinkle with sesame seeds or herbs if desired, and serve warm!
6. **Tips for Stir-Fry Success:** ? Cut your vegetables evenly so they cook at the same rate. ? Use high heat to get that quick stir-fry sear without steaming. ? No cornstarch? Just skip it-the sauce will be lighter but still tasty. ? Add protein: Tofu, shrimp, or chicken make this a full meal.
7. **Serving Suggestions:** This veggie stir-fry is great on its own or alongside:
8. Steamed jasmine or basmati rice
9. Quinoa or brown rice bowls
10. Grilled chicken or baked tofu
11. A cozy main like : Cajun chicken sausage gumbo or Mexican chicken and rice casserole
12. It also makes a great veggie side for sheet pan quesadillas or other easy mains.

13. **Storage & Leftovers:** Fridge: Store in an airtight container for up to 3 days.
14. **Reheat:** Quickly stir-fry again or microwave in 30-second bursts.
15. **Not freezer-friendly:** The vegetables may lose their texture.
16. **More Recipes You'll Love:** Love simple, flavorful meals in one pan? Try these next:
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18. A Light : [Tangy Chicken Salad I Actually Crave \(And There's No Mayo in Sight\)](#)
19. These : [Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast](#)
20. This : [Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort](#)
21. This : [Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit](#)
22. **Final Thoughts:** These Garlic Butter Stir-Fried Vegetables are fast, flexible, and full of flavor-a side dish you'll want to make again and again. Whether you serve it with rice, toss in some protein, or keep it as-is, this recipe makes eating your veggies something to look forward to.
23. **Tried it?** Leave a comment and share your twist! And don't forget to follow for more quick, delicious recipes like this one. ??

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