

## ROYAL ARMS – Wanda Kerlake

### Roll Up Appetizers

Canola oil	Bean sprouts
Carrots, julienned	4 cloves garlic
Celery	Soy sauce
Broccoli	Salt & pepper
Onions	¼ cup sugar
Green & red peppers	Tortilla wraps

Stir fry carrots in canola oil. Chop celery, broccoli, onions, & red & green peppers finely and add to carrots. Add bean sprouts and mashed garlic last. Add soy sauce & pepper to taste. Sprinkle sugar on veggies and cook until soft. Drain well.

Fill wraps with cooked veggies. Fold up sides and roll up. Place in hot pan to brown and seal edges. When browned, slice and serve as appetizers.