

Szechuan Stir-Fry Sauce

Yield: enough for 1 lb meat or tofu and 4-6 cups cut-up vegetables

Ingredients	Measure		Nutrition per Tbsp	
		about 1/2 cup		
Water	1/4 cup		Calories	15
Sherry or apple juice	1 oz (2 Tbsp)		Total Fat g	0.5
Low-sodium soy sauce	1 tsp		Saturated Fat g	0
Toasted sesame oil	1 tsp		Cholesterol mg	0
Grated fresh gingerroot	1 Tbsp or 1 tsp ground		Sodium mg	55
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	1 1/2 tsp		Carbohydrate g	1
Cornstarch	1 tsp		Fiber g	0
Ground black pepper	1/2 tsp		Sugar g	0
Crushed red pepper flakes	Pinch		Protein g	0

Preparation

1. In small bowl, whisk together all ingredients until blended. Add to stir-fry during last 5 to 8 minutes of cooking time. Cook and stir until sauce is thickened.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	6 – 16 oz	35 gal	2192623