

Kung Pao Stir Fry Sauce

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

Ingredients	Measure		Nutrition per Serving	
	About 1/2 cup			
Water	2 Tbsp		Calories	15
Sherry or apple juice	1/2 oz (1 Tbsp)		Total Fat g	0
Unseasoned rice vinegar or white vinegar	1 tsp		Saturated Fat g	0
Low-sodium soy sauce	1 Tbsp		Cholesterol mg	0
Sugar	1/2 oz (1 Tbsp)		Sodium mg	100
Cornstarch	2 tsp		Carbohydrate g	3
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	2 tsp		Fiber g	0
Crushed red pepper flakes	1/4 tsp		Sugar g	1
			Protein g	0

Preparation

In small bowl, whisk together all ingredients. 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