

Stir Fry Sauce

Serving Size: 2 fl. oz. Makes 12 servings

Ingredients:

1 TBSP	Canola Oil
2 tsp.	Garlic, minced
1 ½ TBSP	Ginger Root, fresh, grated
2 ½ cups	Vegetable Stock, low sodium
2 TBSP	Scallions, thinly sliced
3 TBSP	Low Sodium Soy Sauce
¾ tsp.	Black Pepper
1 ¼ oz.*	Corn Starch
as needed	Water
2 ½ tsp.	Cilantro, chopped

* about 5 TBSP

Preparation:

1. Heat oil in saucepan. Add garlic and ginger; sauté until fragrant.
2. Add vegetable stock, scallions, soy sauce, and black pepper; bring to a boil. Simmer for 10 minutes.
3. Mix cornstarch with just enough water to make a slurry. Whisk into sauce mixture, bring back to a boil, then simmer for another 10 minutes to cook out cornstarch.
4. Remove from heat and cool. Add chopped cilantro.

NUTRITION FACTS	
PER SERVING	
calories	20
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	160
total carbohydrate (g)	4
dietary fiber (g)	0
sugar (g)	0
protein (g)	0

RD NOTE:

Use low sodium (or no salt added) stock to help keep sodium in check.

CHEF TIP:

Use leftover chicken, vegetable or beef broth to make an easy, lower sodium stir fry sauce. Add to your favorite sautéed vegetables with chicken, shrimp or tofu for a quick meal.



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