

## 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
<b>Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix</b>	1½ tsp		Carbohydrate g	1
Cornstarch	1 tsp		Fiber g	0
Ground black pepper	½ 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	K9208