



Super Stir-Fry Sauce

INGREDIENTS:

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon molasses
- ½ teaspoon ground ginger
- 1 teaspoon garlic powder
- Dash of black pepper
- 2 tablespoons cornstarch
- 1 ½ cups cool water

DIRECTIONS:

1. Mix first six ingredients together in a small saucepan. Bring to a boil and simmer gently for 5 minutes.
2. Combine cornstarch and water.
3. Stir in bouillon mixture. The cornstarch will settle to the bottom, so stir again before adding sauce to stir fry.

Source: *Cooking with Extension* | **Yield:** 6-8 servings. Recipe was analyzed using onions, red pepper, broccoli, celery, carrots, stir-fry sauce, and brown rice. Nutritional information will vary with other combinations; 280 Calories per serving. Total fat 2g; Protein 7g; Total carbohydrate 58g; Dietary fiber 7g, Sodium 65mg