## ő 🐬 🕲 🌢 #UAEXLivingWell



## Super Stir-Fry Sauce

## **INGREDIENTS:**

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon molasses
- ¼ 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 t 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



The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.