

# STIR-FRY SAUCE



## INGREDIENTS

1/2 cup low-sodium soy sauce  
3/4 cup low-sodium chicken broth  
1/4 cup honey  
1/8 cup distilled vinegar  
1 teaspoon garlic powder  
1 teaspoon ground ginger  
2 tablespoons corn starch

## INSTRUCTIONS

Whisk together the ingredients.

Cook about 1 pound of desired protein over medium-high heat until no longer raw, then add about 5 to 6 cups of veggies and cook until crisp-tender.

Pour sauce over cooked protein and crisp-tender veggies. Simmer over medium-high heat for 5 minutes, until the sauce is thickened.

Serve over brown rice or noodles.