



The Kitchen at Second Harvest
Stir Fry Sauce
try at home recipe

flip to learn more!

Ingredients

- 5 Tbsp soy sauce
- 1 Tbsp rice wine vinegar
- 1 Tablespoon brown sugar
- ½ teaspoon white pepper or ground black pepper
- 1-2 teaspoon sriracha optional, for more spice

Yield: 1/2 cup

Serving Size: 2 Tbsp



Directions

In a small bowl, mix all ingredients together.

Find more recipes, free classes,
and ways to get involved!



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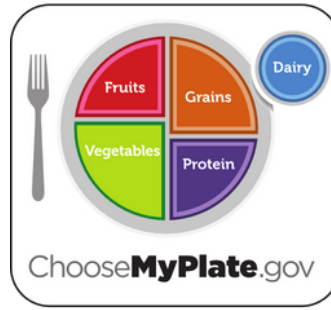


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Cooking Tips

- For a gluten free or lower sodium option, use coconut aminos instead of soy sauce.
- Apple cider vinegar can be substituted for rice wine vinegar.
- Add tofu or cooked beans for extra protein.

Second Harvest is an equal opportunity provider.



Nutrition Facts

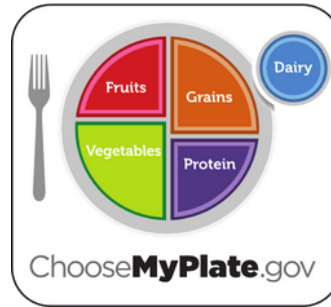
Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1160mg	50%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.36mg	2%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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