

Sweet and Sour Sauce – Vegan – SOS

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Serving Size: 6
Calories per serving: 79
Fat per serving: 2.5 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 44.

Ingredients

- 4 cups sliced mushrooms
- 1 1/2 cups apple juice
- 1 clove garlic, minced, or 1 teaspoon garlic powder
- 1 tablespoon minced fresh ginger root
- 1 teaspoon lemon juice or apple cider vinegar
- 2 tablespoons orange zest
- 2 tablespoons arrowroot
- 3 tablespoons sesame seeds (optional)

Instructions

1. In a large skillet, simmer the mushrooms, 1 cup of the apple juice, the garlic, ginger, lemon juice, and orange zest over low heat until the mushrooms are tender.
2. In a small bowl, whisk the arrowroot and the remaining 1/2 cup of apple juice until well blended. Slowly add to the mushroom mixture while stirring.
3. Continue cooking over low heat until the sauce begins to thicken. Remove from the heat and add the sesame seeds, if using.
4. Serve over steam fried vegetables or as a dipping sauce for spring rolls, etc.

Notes

Nutrition facts (per serving): Calories: 79, from fat: 21.3, total fat: 2.5g, cholesterol: 0mg, sodium: 4.3mg, total carbohydrate: 13g, fiber: 1.6g, sugar: 7g, protein: 1.9g.