

Teriyaki Sauce

Makes 1-2 servings (1 fruit)
0.5 gram protein
0.5 gram fat
20 calories

Ingredients

- ½ cup beef or chicken broth (Depending on your protein choice)
- 3 tablespoons Bragg's liquid aminos
- 2 tablespoons apple cider vinegar
- Orange juice (juice from 4 segments)
- 2 tablespoons lemon juice
- 1 tablespoon onion, finely minced
- 1 teaspoon garlic powder
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- ½ teaspoon powdered ginger or fresh ginger, grated
- 2 cloves garlic, finely minced
- Lemon and/or orange zest to taste
- Stevia to taste

Directions

1. Combine all ingredients in a small saucepan and bring to a boil.
2. Reduce heat and simmer for 20 minutes or until liquid is reduced.
The longer you simmer, the richer the flavours.
3. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavours.
4. Enjoy as a glaze or sauce with chicken or beef

