

Thai peanut sauce

(Enough for 16 servings / 4 meals of salad or stir-fry)

- ¾ cup creamy peanut butter
- 2/3 cup water
- 1-2 cloves garlic, finely grated (I use a [Microplane](#) grater)
- 1-inch piece fresh ginger, finely grated (Microplane)
- ½ cup reduced-sodium tamari (soy sauce) or coconut aminos
- ½ cup lime juice or rice vinegar
- ¼ cup sweet chili sauce

Combine all the ingredients in a small bowl and combine with a wire whisk until creamy. Transfer to a clean glass jar; refrigerate until needed.

Delicious over crunchy salads (cabbage, romaine, carrots, cucumber, peppers, noodles with shrimp & tofu) or stir-fried vegetables with tofu/chicken/shrimp and vegetables (cabbage, carrots, peppers, onions, etc). Garnish with fresh cilantro and finely chopped green onion.

Chinese stir-fry sauce (makes 4 meals)

- 8 cloves garlic, finely grated (Microplane)
- 4 tbsp fresh ginger, finely grated (Microplane)
- 4 tsp toasted sesame oil
- ½ cup rice vinegar
- 1 cup soy sauce, tamari or coconut aminos (low-sodium)
- 1 cup water
- 1/3 cup sweet chili sauce
- ¼ cup cornstarch

Combine all ingredients in a small bowl and mix well with a wire whisk. Transfer to a clean jar and store in a cool, dark place until needed.

To use, stir-fry about 2 cups diced vegetables and protein (e.g. shrimp, chicken, beef, pork, tofu) until it is just cooked through. Add about ¾ of the sauce, stir to combine with the other ingredients and let thicken slightly for about a minute; serve immediately.