

# SCD Asian Sauce (Soy Sauce Substitute)

## Description

You can use this replacement for traditional soy sauce in a variety of Asian recipes. It is sweeter and lighter, but still has a nice punch.

## Ingredients

- 1/4 cup red wine vinegar
- 4 tbsps honey
- 1/4 tsp minced ginger
- 1 tsp ground black pepper
- 2 cloves garlic, finely pounded
- 3 cups water
- 1 tsp salt

## Instructions

Combine all the ingredients in a small stovetop pan and cook over medium heat for 15 to 20 minutes, until reduced to 1/2 to 2/3 cup.

Bottle and store in the refrigerator for up to 2 weeks.

## Summary

**Yield:** 1

**Source:** Recipes for the Specific Carbohydrate Diet

**Prep Time:** 5 minutes

**Category:** Sauces

**Cuisine:** Asian