



3 Ingredient Sweet Savory Stir Fry Sauce

A Sauce That Feels Like a Hug

Some days, you just need a warm, tasty meal fast. This sauce is my little helper. It makes any stir-fry feel special with almost no work. I feel so clever when I use it.

It only needs three things from your cupboard. Soy sauce, sesame oil, and a bit of cornstarch. That is it. You just shake them up in a jar. Doesn't that sound simple?

Why Three Ingredients Are Best

Too many flavors can fight on your tongue. Simple lets the good tastes

shine. This matters because cooking should be fun, not hard.

You can taste each part. The salty soy. The nutty sesame. The cornstarch makes it cling to your veggies. It is magic. What is your favorite simple sauce?

The Day I Forgot the Cornstarch

I was in a rush once. I shook the soy and oil together and poured it in. It was a soupy mess! The sauce just slid off everything. I still laugh at that.

That little bit of cornstarch is so important. It thickens the sauce. This makes it stick to your chicken and broccoli. Now I never forget it.

Shake It Up!

Get a jar with a good lid. Put all three things inside. Now shake it as hard as you can! It will look cloudy. That is the cornstarch doing its job.

Fun fact: Shaking it in a jar is faster than whisking. And it is more fun. Do you have a favorite jar you like to use for mixing?

Making Dinner Your Own

This sauce is your blank page. You can add ginger or a pinch of red pepper. Try it with any veggie you have. This matters because you are the boss of your dinner.

It keeps well in the fridge too. Make it on Sunday for easy meals all week. What will you stir-fry first with your new sauce? Tell me your ideas.



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See also [Ultimate Sweet Potato Casserole Recipe](#)



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Ingredients:

Ingredient	Amount	Notes
Low-sodium soy sauce	½ cup	
Toasted sesame oil	2 teaspoons	
Cornstarch	2 teaspoons	

My Favorite Stir-Fry Shortcut

Let me tell you about my easy-peasy stir-fry sauce. It only needs three things from your pantry. I love how it makes any dinner feel special. My grandson calls it “magic in a jar.” I still laugh at that. First, grab a small mason jar. I use the one from last year’s peach jam. It still smells a little fruity, which is nice. Pour in the half cup of soy sauce. Next, add the two teaspoons of toasted sesame oil. That stuff smells amazing, doesn’t it? Now for the cornstarch. This is the secret thickener. It makes the sauce cling to your veggies perfectly. Just dump in those two teaspoons. Now, screw the lid on that jar tightly. Give it a really good shake until everything is mixed. (Hard-learned tip: Make sure that lid is on tight. I once learned that the messy way!). The sauce will look a little cloudy. That is just the cornstarch doing its job. Do not worry, it will cook up clear and glossy. Pop it in the fridge until your pan is hot. **What’s your favorite veggie to toss in a stir-fry? Share below! Prep Time:** 2 minutes **Total Time:** 2 minutes **Yield:** About ½ cup **Category:** Sauce, Dinner

Three Tasty Twists

This simple sauce is like a blank canvas. You can easily make it your

own. Try one of these fun ideas next time you cook. **Add a little kick with a sprinkle of red pepper flakes.** It gives the sauce a nice warmth. **Swap the soy sauce for coconut aminos for a sweeter flavor.** It is a great change of pace. **Stir in a spoonful of orange marmalade right before cooking.** It makes a sweet and tangy glaze for chicken. Which one would you try first? Comment below!

See also Gruyere Roasted Brussels Sprouts Recipe

Your Takeout Night at Home

I love serving this stir-fry over a big bed of fluffy white rice. It soaks up all that delicious sauce. Sometimes I add a sprinkle of chopped green onions on top. It adds a fresh, crunchy bite. For a drink, a cup of green tea pairs so nicely. It is light and calming. If you want something fancier, a cold glass of Riesling wine is lovely. It is sweet, just like the sauce. Which would you choose tonight?



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Storing Your Stir Fry Sauce for Later

This sauce keeps well in your fridge. Just pop it in a jar with a lid. It will stay good for about a week. You can also freeze it in an ice cube tray. This makes little sauce pucks for one meal. I once forgot I had some in the freezer. Finding it felt like discovering treasure on a busy night. That is why batch cooking matters. It turns a hectic evening into a simple, happy meal. Have you ever tried storing it this way? Share below!

Simple Fixes for Stir Fry Hiccups

Is your sauce too thick? Just add a splash of water. Is it too thin? Mix a bit more cornstarch with water. Then stir it in. Does the sauce taste too salty? A tiny bit of honey can help. I remember when my sauce got too thick. I just laughed and added some water. Fixing mistakes builds cooking confidence. A good balance makes your whole meal taste better. Which of these problems have you run into before?

Your Quick Stir Fry Questions Answered

Q: Can I make this gluten-free? A: Yes! Just use tamari instead of soy sauce.

See also Mom's Secret Ingredient Mashed Potatoes Recipe

Q: Can I make it ahead? A: Absolutely. Shake it up to five days before.

Q: What if I lack an ingredient? A: Use olive oil if you have no sesame oil.

Q: Can I double the recipe? A: Of course. Use a bigger jar for shaking.

Q: Any extra tips? A: Add a pinch of ginger for a little zing.

Which tip will you try first? *Fun fact: Soy sauce is made from fermented soybeans and wheat!*

Share Your Kitchen Success

I hope this sauce becomes a family favorite for you. It always reminds me of cooking with my own grandma. I love seeing your creations. It makes my heart so happy. Have you tried this recipe? Tag us on Pinterest! Happy cooking! —Elowen Thorn.

You need to try !

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Savorydiscovery.com



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Author: Elowen Thorn



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Cooking Method: [No-Cook](#)



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Cuisine: [Asian](#)



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Difficulty: **Beginner**



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Prep time: **2 minutes**



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Cook time: **minutes**



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Rest time:



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Total time: **2 minutes**



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Servings: **9 servings**



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Calories: **159 kcal**



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Best Season: **Summer**

Description

This 3 ingredient stir fry sauce mixes up fast and adds sweet, savory

flavor to any meat or veggie stir fry. Use it for quick dinners, easy meal prep, or weeknight takeout-style meals at home.

Ingredients

- ☐ ½ cup low-sodium soy sauce
- ☐ 2 teaspoons toasted sesame oil
- ☐ 2 teaspoons cornstarch

Instructions

1. Add the soy sauce, toasted sesame oil, and cornstarch to a ½-pint to a 1-pint mason jar with a lid.
2. Shake well until the stir-fry sauce is completely combined. It will appear cloudy due to the cornstarch. Keep the sauce refrigerated until you are ready to use.
3. If you do not have a pint-size jar, you can whisk the ingredients together. Cover and chill in the refrigerator until you are ready to use the stir-fry sauce.

Notes

Nutritional values are approximate and per serving.

Keywords: Stir Fry, Sauce, Soy Sauce, Sesame Oil, Cornstarch