

# All-Purpose Chinese White Sauce

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-with-mixed-vegetables-recipe>

## Ingredients:

- 8 ounces meat your choice, pork, chicken, or beef; thinly sliced ¼ inch thick
- 4 cups mixed vegetables bell pepper, mushrooms, celery, carrots, snow peas, snap peas, broccoli/broccolini, cauliflower, bamboo shoots...
- 1/2 cup firm tofu cubes, optional
- 2 tablespoons vegetable oil
- 1 tablespoon Shaoxing wine
- 1 1/4 cups white sauce prepared Chinese, depending upon how much sauce you like
- 1 tablespoon cornstarch mixed with 1 tablespoon water; you may need a little more or less, depending upon how much sauce you use and h...
- 3 cups stock chicken stock, pork stock or vegetable stock, 700 ml
- 3 cloves garlic finely minced or grated
- 3/4 teaspoon ginger grated
- 1 teaspoon scallion white part only, minced
- 1 1/2 teaspoons salt to taste
- 3/4 teaspoon sugar
- 1/8 teaspoon white pepper
- 3/4 teaspoon sesame oil
- 1 1/2 teaspoons oyster sauce or vegetarian oyster sauce
- 1 teaspoon msg totally optional!
- 8 ounces meat your choice, 225g, pork, chicken, or beef; thinly sliced ¼ inch thick
- 3 cups mixed vegetables bell pepper, mushrooms, celery, carrots, snow peas, snap peas, broccoli/broccolini, cauliflower, bamboo shoots...
- 1/2 cup firm tofu cubed, optional
- 2 tablespoons vegetable oil
- 1 tablespoon Shaoxing wine
- 3/4 cup white sauce prepared Chinese, depending upon how much sauce you like
- 1 tablespoon cornstarch mixed with 1 tablespoon water; you may need a little more or less, depending upon how much sauce you use and h...

## **Nutrition:**

1. Calories: 550 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 60 milligrams
4. Fat: 35 grams
5. Fiber: 9 grams
6. Protein: 29 grams
7. SaturatedFat: 9 grams
8. Sodium: 1340 milligrams
9. Sugar: 3 grams

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