

Chicken Delicious – Stir Fry

1 tablespoon of vegetable oil (good) or peanut oil (better)

1 LB boneless chicken breasts – cut into ½ inch cubes

1 Green Bell Pepper (remove inside and cut into small thin slices)

½ Medium white onion (cut into thin slices and separate)

1 small bunch of broccoli, cut into flowers or bite size pieces

1 tomato cut into ¼ - ½ inch cubes

1 carrot cut into thin slices (optional)

1 tablespoon of soy sauce

2 tablespoons cornstarch

¼ cup of hoisin sauce

Cooked Rice

- Mix soy sauce, cornstarch, and hoisin sauce in small bowl and set it aside
- In large skillet or Wok, heat oil over medium high heat.
- Add chicken and cook (constantly stirring) 4-5 minutes until lightly brown
- Add pepper, onion, broccoli, & carrot and cook (constantly stirring) an additional 5 minutes or until vegetables are tender
- Add soy sauce, cornstarch, and hoisin sauce mix
- Reduce heat and simmer for 4-5 minutes or until sauce thickens, stir often
- Add tomatoes, stir and simmer for 1 minute
- Serve over cooked rice

Serves 4