

Chicken and Vegetable Stir-Fry with White Rice

Sauce

4 T. warm water
1 T. cornstarch
¼ c. soy sauce
1 T. plus 1 t. sugar
dash of pepper

Blend water into cornstarch in a small bowl. Stir in soy sauce, sugar, and pepper. Set aside.

Chicken

1 large boneless skinless chicken breast
2 tablespoons vegetable oil
salt and pepper to taste

Chop chicken into small bite size cubes. Place oil and chicken in pan and stir-fry 7 – 10 minutes. Make sure chicken is cooked thoroughly. Set aside.

Vegetables

1 bag of frozen stir-fry vegetables
2 T. vegetable oil

Place oil and vegetables in pan and stir-fry 5 minutes or until vegetables are cooked through. Place chicken and soy sauce mixture back in pan, cook and stir for 2 more minutes until bubbly.

Rice

1 cup rice
2 cups water

Bring water to a boil in a sauce pot. Stir in 1 cup rice put lid on and turn heat down to the lowest setting. DO NOT lift lid at anytime. Set timer for 20 minutes.