

Sweet and Sour Chicken or Pork

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Stars of the recipe:

- 1 lb of diced up chicken or pork (already cooked)
- 1 Tbsp oil
- 1 cup green pepper, cut into 1 inch pieces
- 1 cup onion, cut into thin wedges
- 1 (15 oz.) can pineapple chunks in juice
- 1/4 cup brown sugar, firmly packed
- 1/4 cup white vinegar
- 2 Tbsp. cornstarch
- 2 Tbsp. soy sauce

Steps:

1. Preheat oil in a wok or large skillet over high heat.
2. Stir fry green peppers and onion in hot oil for 2 to 3 minutes or till crisp tender.
3. Remove from wok. Add more oil, if necessary.
4. Reheat chicken or pork in skillet.
5. Drain pineapple, reserving juice.
6. In a small pan, combine the juice, brown sugar, vinegar, cornstarch, and soy sauce. Bring to a boil; cook about 1 minute or till thickened, stirring constantly.
7. Return green pepper and onion to skillet. Stir in pineapple and the thickened sauce.
8. Cook and stir until heated through.
9. Serve with rice, if desired.