

Chicken Stir Fry

Sauce:

1 cup water

1 boullion cube

2 T. cornstarch

¼ cup soy sauce

½ tsp. garlic powder

-Place 1 cup of water in your sauce pan. Bring to a boil and add 1 boullion cube. Stir until cube dissolves. Remove from heat

-In a separate bowl combine corn starch, soy sauce, and garlic powder. Stir until smooth.

-Add soy sauce mixture to hot liquid, stir over low heat until smooth. Remove from heat and set aside

2 cups of frozen vegetables

1 chicken breast

2 T. oil

-Cut chicken on cutting board in to small pieces

-Place sauté pan on medium heat and add oil

-Add cut up chicken to pan and cook until browned

-Add frozen vegetables, cook until tender

-Add sauce to chicken/vegetable mixture

-Mrs. Hales will provide rice to serve with your dish.