**Chicken Stir Fry**

**Stir Fry Sauce: Vegetables: Meat: Rice:**

1⁄4 cup soy sauce 1c. frozen veg mix 1 chicken breast 1 ½ c. uncooked rice

1 1⁄4 cups water

1/2 tsp. ground ginger

2 cloves garlic, minced

1 tablespoon sugar

4 teaspoons cider vinegar

2 tablespoons rice wine

3 tablespoons cornstarch

**Sauce Directions:**

Combine all ingredients except cornstarch in a small bowl or a 2 to 4 cup liquid measuring cup.

Place the cornstarch in a separate small bowl, and whisk in the mixture from step 1.

Just before mixing in to vegetables and/or meat, whisk the mixture one more time.

Add to meat/veg mix when meat/veg mix is almost done. Remain on heat 1-2 minutes. Sauce will thicken slightly.

**Meat Directions:**

Slice meat into thin strips or small bite size chunks. Cook over medium heat until no longer pink.

**Vegetable Directions:**

Add vegetables and meat to skillet and cook together. Vegetables should turn bright colors and soften.

**Rice Directions:**

BRING water to a boil. If desired, add butter and salt to taste.

STIR in rice; cover.  Remove from heat. **Use these Measurements to Help**

|  |  |  |
| --- | --- | --- |
| Servings | Rice (cups) | Water (cups) |
| 2 | 1 | 1 |
| 4 | 2 | 2 |
| 6 | 3 | 3 |

LET stand 5 MINUTES or until water is absorbed.