

Chicken Stir Fry

2 cups rice

4 cups water

2/3 cup soy sauce

¼ cup brown sugar

1 tbsp. corn starch

1 tbsp. minced fresh ginger

¼ tsp. red pepper flakes

3 boneless, skinless chicken breasts cut thin

2 tbsp. sesame oil divided

1 bell pepper julienned

1 can of bamboo shoots

1 cup of broccoli florets

1 cup sliced carrots Julienned style

1 onion sliced julienned style

Bring water to a boil in a saucepan over high heat; add rice, cover and simmer for about 25 minutes until rice is tender and all the water is gone.

Combine soy sauce, brown sugar, and cornstarch in a small bowl mixing until smooth. Add red pepper flakes and marinate sliced chicken in it until rice is done.

Heat 1 tbsp. sesame oil over medium heat! Cook and stir bell peppers, onion, carrots, bamboo shoots and broccoli for about 5 minutes until beginning to get tender.

Remove from heat and keep on the stove to keep warm.

Remove the chicken from the marinade and add to pan, cooking about 2 minutes per side. Add the vegetables back in along with the remaining marinade. Bring to a boil and cook for about 5 minutes or until chicken is done.

Use any vegetables you want. You could just use broccoli if desired.

