

EASY CHICKEN AND VEGETABLE STIR-FRY



INGREDIENTS

SERVES 4

- 1 tbls vegetable oil
- 1 lb boneless skinless chicken breast, cut into 1-inch pieces
- 2 garlic cloves, finely chopped
- 2 tsps gingerroot, finely chopped
- 1 medium onion, scrubbed with clean vegetable brush under running water and cut into thin wedges
- 1 cup baby carrots, scrubbed with clean vegetable brush under running water and cut lengthwise in half
- 1 cup chicken broth soup
- 3 tbls soy sauce
- 2 tsps sugar
- 2 cups broccoli flowerets gently rubbed under cold running water
- 1 cup (3 ounces) fresh mushrooms gently rubbed under cold running water and diced
- ½ cup red bell pepper scrubbed with clean vegetable brush under running water and diced
- 2 tsps cornstarch
- 4 cups hot cooked Chinese plain noodles

DIRECTIONS

- Wash hands with soap and water. Heat vegetable oil in skillet over medium-high heat. Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown.
- Wash hands with soap and water after handling uncooked chicken. Wash cutting board and knife after touching raw chicken.

Add onion, carrots, ¾ cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.

Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and internal temperature reaches 165 °F on food thermometer, and vegetables are crisp-tender.

Mix cornstarch with remaining ¼ cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles or rice.

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Recipe adapted from Bon Appetit magazine