

Spicy Chicken and Vegetables

1-2 Tablespoons oil (sesame and vegetable oil)

3 cloves minced garlic

some fresh ginger chopped

1-3 stalks green onions chopped

1 pound boneless skinless chicken breast cut into strips or small chunks

green pepper

red pepper

carrots

mushrooms

onions 1-2 tablespoons corn starch dissolved in a little water (approx. 1/8-1/4 cup)

1 tablespoon chili garlic sauce, found in oriental stores

soy sauce (a lot)

pepper

A little oil ¾ cup Chicken broth

Water and corn starch

Add oil to the pan on medium heat. Add garlic, ginger and green onions and cook until they release their flavor. Add chicken with pepper, chili garlic sauce, and soy sauce (about 3 tablespoons). Cook until the chicken is almost done, add carrots and any other veggies that take a while to cook. Then add other veggies and more soy sauce if needed. After the veggies have cooked for a couple of minutes, add corn starch and water. Cover until desired tenderness. Serve with white rice.