

Fleming County High School

Kentucky Style Chicken & Vegetable Stir-Fry

Ingredients:

3 lbs.	Boneless Skinless Chicken Breast
1 cup	Bell Pepper, Green
1 cup	Bell Pepper, Red
2 cups	Broccoli
2 cups	Carrots
2 ¼ cups	Brown Rice
1/3 cup	Low Sodium Soy Sauce
2 Tbsp	Olive Oil
2 Tbsp	Garlic (minced)
1 Tbsp	Onion Powder
1 Tbsp	Paprika
1 Tbsp	Cayenne Pepper

Directions:

1. Cook the brown rice according to package instructions.
2. Cut the carrots into thin strips, cut the bell peppers into medium sized strips, and cut the broccoli into bite sized filets. To make the vegetable blend.
3. Make seasoning blend mixing paprika onion powder and Cayenne powder together
4. Heat olive oil in a large pan. Add garlic and ginger; sauté for 1 minute add ⅓ of the seasoning blend.
5. Add chicken, add ⅔ of the seasoning blend cook until browned, then add mixed vegetables and the other half of the seasoning blend and stir-fry for 5-7 minutes.
6. Stir in soy sauce and cook for an additional 2 minutes.
7. Serve 1 1/2 cup chicken and vegetables stir-fry over 2 cup brown rice.