Basic Chicken Stir Fry

½ cup water, boiling

1 chicken bouillon cube

1 tablespoon cornstarch

1 small onion chopped

2 carrots sliced

1 cup broccoli

1 stick celery sliced thin

1 chicken breast

½ teaspoon ginger

2 tablespoons soy sauce

½ cup cold water

2 T oil

In a 1 cup liquid measuring cup, combine ½ cup water and 1 chicken bouillon cube. Put in the microwave for 1 minute and 30 seconds. Set aside. In a small bowl combine ½ cup cold water, corn starch, ginger and soy sauce, set aside. Heat 2 tablespoons oil in a LARGE frying pan, add 1 chicken breast (cut into ¼ inch slice), cook until white or no longer pink. Add the vegetables to the chicken and stir fry 3 minutes. Add bouillon, cover and steam 3 minutes. Add the cornstarch mixture, cook until thick.

Serve over cooked hot rice.

Rice Directions:

1 C. rice

2 C. Water

2 Tbsp Margarine

½ tsp salt

In a small sauce pan add rice to cold water. Add salt and margarine. Bring to a boil on medium heat. Cover tightly and cook on LOW heat for 15-20 minutes or until water is absorbed. Fluff with a fork before serving. DO NOT lift the lid to check the rice, it will burn.