

Thai Vegetable Stir Fry With Brown Rice & Chicken

Makes: 6 Servings

Ingredients

4 1/2 cups brown rice, cooked
2 tablespoons canola oil
3/4 cup Chicken stock, heated
1/2 cup onions, chopped
2 1/2 cups broccoli florets
3/4 cup Mushrooms, sliced
1 1/2 cups Carrots, julienne
3/4 cup Zucchini, thinly sliced
1 cup Red pepper, thin strips
3/4 cup Stir fry sauce
8 cloves Garlic, whole, peeled, minced
1/2 teaspoon Sriracha chili sauce
2 1/4 cups Diced chicken, thawed



Directions

1. Cook rice according to directions and keep warm.
2. Heat chicken stock in a saucepan over medium high heat.
3. Wash all vegetables and cut to desired size.
4. In large saucepan, place oil and heat over medium high heat.
5. Add onion and carrot; stir fry 1-2 minutes until caramelized.
6. Place broccoli in saucepan with 1/4 cup water and steam 3 minutes. Add broccoli to onion.
7. Add pepper strips, garlic, mushrooms and zucchini to pan with broccoli and onion. Stir fry for 4 minutes until crisp.

8. Add heated chicken broth, stir. Add stir fry sauce and chili sauce, stir until well blended.
9. Place diced chicken in baking pan and heat 5 minutes until chicken reaches 165°F.
10. Add chicken to vegetables and mix.
11. Serve 1 1/2 cups of chicken and vegetable mixture on top of the rice.

Notes

Serving Size: 3/4 cup rice 1 1/2 cup vegetable and chicken mixture