

# Sweet and Sour Chicken

**Makes:** 150 Servings

[150 Servings](#)

Ingredients	Weight	Measure
Chicken meat, thawed, cooked, diced*	18 lb	
Vinegar		2 1/2 qt
Catsup	2 1/2 cups	
Sugar	3 lb	
Pineapple tidbits, undrained		1 No. 10 can
Water		4 cups
Cornstarch	1 lb	
Ground ginger		1 Tbsp
Garlic powder		1 tsp
Carrots, frozen, steamed	2 lb	
Peas, frozen	2 lb	

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	163	
Total Fat	2.7 g	
Protein	16 g	
Carbohydrates	17 g	
Dietary Fiber	NA	
Saturated Fat	0.4 g	
Sodium	98 mg	

## Directions

1. In large pot, combine chicken, vinegar, catsup, sugar and pineapple tidbits. Begin to heat.
2. In a small bowl, mix water, cornstarch, ginger and garlic powder.
3. Pour cornstarch mixture slowly into chicken mixture,

stirring constantly, until mixture is clear and thickened.

4. Mix in steamed carrots and frozen peas.

## Notes

Serving Tips:

\*All thawing time should be in the refrigerator. Can be served over rice or mashed potatoes. Be sure that holding temperature is at least 140 degrees F.