

Chicken and Broccoli Stir Fry

Brown Rice

3 oz Brown Rice-Raw
5 7/8 oz Water

Combine Rice and Water in a medium sized sauce pan. Bring to boil. Cover and reduce heat. Simmer for 45-50 minutes or until rice is tender. Drain and set aside until needed.

Broccoli Stir Fry Sauce

1 1/8 oz Water
1 tsp Vegetable Soup Base
1 3/4 tsp Oyster Sauce
1 5/8 tsp Soy Sauce

Combine all ingredients in a stock pot or sauce pan. Stir until vegetable soup base is completely dissolved. Bring to a simmer. Simmer for 10-15 minutes to allow flavors to combine. Remove from heat to cool and set aside until needed.

Chicken & Broccoli Stir Fry

1 1/2 oz Broccoli Stir Fry Sauce
2 oz Grilled Chicken Breast
3 oz Broccoli Florets
2 tsp Salad Oil
1/2 tsp Minced Garlic
1/2 tsp Minced Fresh Ginger
2 tsp Chopped Scallions
2 oz Yellow Onions-Julienne
2 oz Green Peppers-Diced
2 oz Mushrooms-sliced
1/2 tsp Sesame Seeds

Prepare Broccoli Stir Fry Sauce according to recipe. Cut the Chicken Breast along the grain into 1 1/2" strips.

Continued on back →



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