

Chicken and Green Bean Stir-Fry

Makes 4 Servings

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 2 pounds ground chicken
- ☐ 2 red or green bell peppers, sliced
- ☐ 1 (8-ounce) package fresh or frozen green beans, thawed
- ☐ 1 teaspoon garlic powder, or 3 cloves garlic, sliced thin
- ☐ 2 1/2 teaspoons soy sauce
- ☐ 2 teaspoons honey or maple syrup
- ☐ 1/2 teaspoon cornstarch

Directions

1. Heat oil in large pan over medium-high heat. Add chicken and cook, breaking up into small pieces with a wooden spoon as it cooks. Cook for about 5 minutes, until chicken is cooked through and begins to brown.
2. Add bell pepper, green beans and garlic to pan. Cook until soft, about 5 minutes.
3. While the chicken is cooking, in a small bowl, mix soy sauce, honey, 1 teaspoon water and cornstarch. Add soy sauce mix and cooked chicken to the vegetables and stir to coat. Cook until sauce thickens, about 2 minutes.

Recipe from: Feeding Pennsylvania and PA Eats

