

Easy Gluten Free Chicken Stir-Fry Recipe

A tasty recipe from ThePeacefulMom.com

Ingredients

2 tablespoons extra virgin olive oil
1 tablespoon sesame oil (optional)
2 boneless, skinless chicken breasts, cut into 1/2-inch pieces
(2) 12 oz. bags fresh stir-fry vegetables (we like Eat Smart Vegetables)
or 3 cups of stir-fry vegetables of your choice (broccoli, snow peas, carrots, etc.)
1/2 medium onion thinly sliced

Sauce

1 cup chicken broth (check label to make sure it is gluten free)
2 tablespoons gluten free soy sauce
1/2 teaspoon powdered ginger
1/2 teaspoon garlic powder (not garlic salt)
2 tablespoons cornstarch

Instructions

In a large skillet, heat the oils over medium-high heat.

Add the vegetables and onion and cook for 3-5 minutes, stirring often.

Remove vegetables to a separate bowl.

Add the chicken to the skillet and cook for 4 to 5 minutes or until lightly browned.

Return vegetables to the pan with the chicken and cook for an additional 2-3 minutes until slightly softened, but still crispy.

Combine sauce ingredients and add to the chicken mixture in the pan.

Bring sauce to a boil and then reduce heat to medium or medium low and simmer about 4 minutes, or until sauce thickens.

Stir well to coat the meat and vegetables with the sauce.

Serve immediately over hot cooked rice.

Be sure to visit ThePeacefulMom.com for more easy and delicious recipes!