

Simple Chicken Stirfry



Recipe photo may include foods and ingredients that are not a part of this recipe and not included in the nutrition analysis.

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Prep: 10 min

Cook: 10 min

Serves: 4

Ingredients

1 cup	low sodium chicken broth
2 tbsp	lower sodium soy sauce
3 tsp	cornstarch
1 clove	garlic (minced or grated)
1/2 tsp	ground black pepper
1 tbsp	olive oil
1 (14oz) bag	frozen stir-fry vegetables
1 1/2 cup	cooked chicked

Directions

Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.

While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.

Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.

Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.