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# *Food for the Soul*

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## **Stir-Fry**

## **Main Dishes**

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2-3 chicken breasts (can use thighs)

1 bunch broccoli, cut into 1 inch pieces

4 medium carrots, cut into 1 inch pieces

1 onion, sliced

1 t cornstarch

1 t salt

1 t sugar

1/2 t pepper

2 T soy sauce

2 T white wine

### **Instructions**

Put carrots and broccoli in pan and boil till tender. Cut chicken into 1" cubes. Put 2 tablespoons oil in pan, heat, and fry onion till translucent. Drain carrots and broccoli and add to onions. Stir till coated with oil. Remove and put back in pot. Add 2 tablespoons oil to pan. Fry chicken till done – cover with lid and stir often. Mix cornstarch, salt, sugar, pepper, soy sauce, and wine. Drain oil off chicken and add liquids. Turn heat to low until chicken is coated and sauce thickens. Add vegetables and stir till coated with sauce. Remove from heat and cover till ready to serve. Serve with rice.

*Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

--Lee Ann Young

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