

Chinese Veggies and Rice



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Prep Time: 25 minutes

Cook Time: 25 minutes

Yields: 4 Servings

INGREDIENTS

1 cup	Brown Rice
½ lb	Broccoli florets
2	Celery stalks
1	Medium carrot
1 clove	Garlic
6 oz or	Boneless chicken pieces
1 pkg	Firm tofu
¼ cup	Low-sodium soy sauce
1 tbs	Brown sugar
1 tbs	Cornstarch
2 tbs	Canola oil
½ tsp	Ground ginger
1	Small jalapeño or other chili pepper (optional)
16 oz	Bag of frozen peas

DIRECTIONS

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeno (optional). Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. If using tofu, remove tofu from container. Cut tofu into 1/2 inch cubes.
5. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeno. Stir.
6. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
7. Add chopped veggies. Cook until veggies are tender and chicken is completely cooked but not dry, about 5-7 minutes.
8. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
9. Serve over warm brown rice.

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