

# Chicken Pineapple Stir Fry

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This stir-fry is one of my all time favorites for two very vital reasons. First, it tastes fantastic of course. Second, it takes minutes to prepare dinner and I am out of the kitchen in no time. I usually buy the frozen pepper strips at Safeway but if you're a diehard, you can chop your own veggies to add to the pan.



## Ingredients:

- 1/4 cup soy sauce
- 2 tablespoons sugar
- 1 tablespoon cider vinegar
- 1 tablespoon ketchup
- 1/2 teaspoon ginger
- 1 tablespoon minced garlic
- 1 teaspoon cornstarch
- 1 lb boneless skinless chicken breast, cut into 2 inch strips
- 2 tablespoons vegetable oil
- 1 (16 ounce) package frozen stir fry vegetables
- 1 (8 ounce) can pineapple chunks, drained, reserve 1/4 cup juice
- hot cooked rice

## Directions:

1. Mix first 7 ingredients with reserved 1/4 cup pineapple juice in small bowl.
2. In large skillet, stir-fry chicken in hot oil 5 minutes.
3. Add vegetables, stir-fry 4 more minutes.
4. Stir in pineapple and sauce, heat through.
5. Serve over rice.

Serves 6

Source: [Cheryl Cooks - Chicken Pineapple Stir Fry](#)

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