

## Chicken / Vegetable SPICY Stir Fry



Adjust ingredients based on number of folks eating. Fresh veggies for best results.. (picture was enough for 10 adults)

- Beans
  - Asparagus
  - Onions
  - Green Bell Peppers
  - Squash
  - Zucchini
  - Mushrooms
  - Brown Rice
  - Chicken
  - Szechuan SPICY Stir Fry Sauce
1. Pre-cook some brown rice and chicken strips. (for raw chicken add to step 3)
  2. Cut all veggies and chicken (bite-size)
  3. On disk - add generous amount of olive oil and cook beans, asparagus, onions and green bell peppers to your consistency. These take a bit....it may look BIG but these cook down in size.
  4. Stir in a helping of Spicy Stir Fry sauce
  5. Add squash, zucchini, mushrooms, brown rice and chicken and season to taste stirring frequently.
  6. Stir in a helping of Spicy Stir Fry sauce
  7. Cook until desired consistency is met.