

Stir Fry Variations

1 c. chopped chicken breast

1 chopped onion

2 chopped carrots

1 can of bamboo shoots

Soy Sauce

2 stalks chopped celery

1-2 cloves garlic chopped

1 can water chestnuts

Chinese 5 Spice

1 cup bean sprouts

Additions & Variations: fresh pineapple, ground ginger, mini corns, snow peas, mushrooms, green beans, bok choy or nappa cabbage. You can thicken the sauce by mixing 1 tsp. cornstarch with $\frac{1}{4}$ c. cold water, and pour into the mix stirring quickly.

Serve over Basmati Rice or Quinoa. You can also use shrimp or porc instead of chicken.