

Garlic Chicken Stir Fry

Ingredients:

- 2 tablespoons peanut oil
- 6 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 bunch green onions, chopped
- 1 teaspoon salt
- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 purple onions, thinly sliced
- 1 cup bean sprouts
- 1 red bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 cup of chicken broth
- 2 tablespoons soy sauce
- 2 tablespoons white sugar
- 2 tablespoons cornstarch
- 1 cup mushrooms, sliced

Instructions:

Heat peanut oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger, green onions and salt. Stir fry until onions become translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add purple onions, bean sprouts, bell pepper, peas, mushrooms and 1/2 cup of the broth/water and cover.

In a small bowl, mix the remaining 1/2 cup broth/water, soy sauce, sugar and cornstarch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot rice if desired.

