

Chicken-Vegetable Stir Fry

2 Tbsp. cornstarch

1/4 Tsp. ground ginger

1 can Swanson's Vegetable Broth

1 Tbsp. soy sauce

2 Tbsp. vegetable oil

1 lb. Boneless, skinless chicken

5 cups cut up fresh vegetables

(broccoli, mushrooms, carrots, celery, green onions,)

1 garlic clove (minced)

1. Stir together cornstarch, ginger, broth, and soy sauce until smooth. Set aside.

2. In skillet, in 2 Tsp. hot oil, stir fry half the chicken until browned.

Remove, set aside. Repeat with the remaining chicken.

3. In skillet in remaining 1 Tbsp. hot oil, stir fry vegetables with garlic until tender and crisp.

4. Reduce heat to medium, stir in reserved chicken and broth mixture. Cook until mixture boils and thickens, stirring constantly. Serve over rice.