



Total Time  
**35 MIN.**

Serving & Size  
**1 SERVING (1 CUP CHICKEN/VEG, 3/4 CUP RICE)**

Difficulty  
**MEDIUM**


Yields  
**24**


This sassy chicken and vegetable stir-fry made with Swanson® Unsalted Chicken Broth is especially unique and tasty because it's topped with crunchy peanuts that add great texture and flavor.

<b>Nutrition Facts</b>	
Serving Size	1 SERVING (1 CUP CHICKEN/VEG, 3/4 CUP RICE)
<b>Amount Per Serving</b>	
<b>Calories</b> 549	
<b>% Daily Value</b>	
<b>Total Fat</b> 19.7g	<b>30%</b>
<b>Saturated Fat</b> 3.1g	<b>16%</b>
<b>Cholesterol</b> 96mg	<b>32%</b>
<b>Sodium</b> 311mg	<b>13%</b>
<b>Total Carbohydrate</b> 45.2g	<b>15%</b>
<b>Dietary Fiber</b> 3.9g	<b>16%</b>
<b>Protein</b> 45.4g	<b>91%</b>
Vitamin A 13%	Vitamin C 90%
Calcium 5%	Iron 11%

**INGREDIENTS**

	<b>WEIGHT</b>	<b>MEASURE</b>
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cornstarch		3/4 cups
	<b>Swanson® Unsalted Chicken Broth</b>	10 1/2 cups
reduced sodium soy sauce		1/2 cups
ground ginger		1 tbsp.
sesame oil		1 tbsp.
vegetable oil		1/2 cups
boneless, skinless chicken breast, cut into strips	6 lb.	
broccoli, florets	39 oz.	3 qt.
red bell pepper, small, thinly cut into 2- inch long strips	31 oz.	12 ea.
garlic, whole cloves, peeled, minced	1 oz.	12 ea.
dry roasted unsalted peanuts	16 oz.	3 cups
cooked brown rice	8 lb.	18 cups

 **TIP**

This recipe meets Partnership for a Healthier America nutrition standards (a la carte entrée).



### INSTRUCTIONS

1. In a medium sized bowl, stir cornstarch, broth, soy sauce, ginger and sesame oil. Mix until smooth.
2. Heat 1/2 of the vegetable oil in skillet over medium-high heat. Add chicken. Stir-fry until well browned, stirring often. Remove chicken from skillet.
3. Reduce heat to medium. Heat remaining vegetable oil in skillet. Add broccoli, peppers and garlic. Stir-fry until vegetables are tender-crisp.
4. Stir cornstarch mixture in skillet. Cook and stir until mixture boils and thickens. Return chicken to the skillet. Stir in peanuts. Cook until mixture is hot and bubbling.  
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.  
CCP: Hold for hot service at 140°F or higher until needed.
5. To Serve: Using an 8 oz spoodle, portion 1 cup of chicken/vegetable mixture onto plate. Serve with a 6 oz spoodle (3/4 cup) of hot cooked rice. Serve immediately.