

Chicken Stir Fry

INGREDIENTS

- 5 oz canned chicken breast, drained
- 2 cups canned mixed vegetables, drained
- 1/4 cup low-sodium chicken broth
- 1 tablespoon low-sodium soy sauce
- 1 cup cooked brown rice
- 1 tablespoon vegetable oil
- Salt and pepper, to taste

TIME: 15 MINUTES
SERVINGS: 1



Adapted from: allrecipes.com



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PROCEDURE

1. Set a medium skillet on stovetop. Add 1 tablespoon vegetable oil and heat skillet.
2. Add chicken, mixed vegetables, chicken broth, low sodium soy sauce to skillet. Cook until heated through
3. Season with salt and pepper, to taste
4. Serve on top brown rice

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