

Sweet and Sour Chicken

Chicken Mixture:

1 chicken breast
1 carrot
1/4 green bell pepper
1/4 onion
1/2 c. pineapple tidbits
1 Tbsp. oil
Salt and pepper to taste

Sauce:

1/2 c. sugar
1/4 c. ketchup
1/3 c. pineapple juice
1/4 c. white vinegar
1 Tbsp. soy sauce
1/8 tsp. garlic powder
2 Tbsp. cornstarch
1/3 c. cold water

Rice:

1 c. rice
2 c. water

1. Remove the white steamer basket from the rice cooker and plug it in. Add the rice and water and stir together. Put the lid on the rice cooker and press the cook button down. Let it cook until finished. During the cooking process, the lid may rattle and water and steam might bubble around the edge of the lid. This is normal.
2. Using the kitchen shears, cut the chicken into bite-sized pieces. Place the 1 Tbsp. oil into a large skillet and add chicken. Cook chicken until no longer pink.
3. While chicken is cooking, wash and peel the carrot. Cut the carrot into small, thin, round pieces. Chop the bell pepper and onion into small bite sized pieces as well.
4. When chicken is cooked through, add the carrot, bell pepper, onion and pineapple tidbits to the skillet and cook for an additional 5-6 minutes, or until the carrot softens. If the chicken and vegetables start to stick, add a couple tablespoons of water to the skillet.
5. To make the sauce, combine the following ingredients in a large saucepan: sugar, ketchup, pineapple juice, vinegar, soy sauce and garlic powder. Bring to a boil while stirring constantly with a whisk.
6. In a custard cup, combine the 1/3 c. cold water and 2 Tbsp. cornstarch. When the sauce is boiling, add the cornstarch mixture to the sauce and continue whisking until the sauce thickens up. After sauce is thick, set aside.
7. When rice is finished cooking, distribute rice among serving dishes. Then, evenly distribute chicken and vegetable mixture and top each dish with the sweet and sour sauce.
8. Eat and enjoy!