

## Chicken Stir Fry

Servings: 4

Time: 20 minutes

### Ingredients:

- 1 cup chicken broth (lower sodium)
- 2 Tablespoons soy sauce (lower sodium)
- 2 teaspoons corn starch
- 1 clove garlic (minced)
- ½ teaspoons black pepper
- 1 Tablespoon olive oil
- 1 14 oz. can stir-fry vegetables
- 1 ½ cup cooked chicken



### Directions:

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. Whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes until chicken is heated through and sauce is thickened.