

# Quick & Easy Chicken Stir-Fry

## Ingredients

- 1 lb chicken, cut into thin strips
- 1 tsp garlic, minced
- 1 tbsp oil
- 1 1/4 cups water
- 1/4 cup soy sauce
- 1 tbsp sugar
- 1 pkg frozen stir-fry vegetables (16 oz)
- 2 cups Minute White Rice, uncooked

## Summary

**Yield:** 4

**Prep Time:** 5 minutes

**Category:** Main Dish

## Instructions

Cook and stir chicken and garlic in hot oil in large skillet on medium-high heat for 5 minutes or until chicken is cooked through. Add water, soy sauce, sugar and vegetables; stir; Bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Fluff with fork.