

## CAJUN STIR FRY

1 to 2 t. oil  
10 oz. chicken breast, cut in pieces  
1/2 red bell pepper, cut in strips  
2 c. diagonally sliced celery  
2 c. julienne cut carrots  
1 c. bean sprouts  
1 c. sliced mushrooms  
20 pea pods, stems removed  
3/4 c. sliced water chestnuts  
1 c. broccoli florets  
4 oz. andouille sausage, diagonally sliced  
2 to 4 t. cajun poultry seasoning  
1/4 c. soy sauce  
2 c. cooked white rice

Cook chicken in hot oil. Add raw vegetables, sausage and poultry seasoning. Cook about 1-1/2 minutes. Add soy sauce and fry for 30 seconds. Remove and serve immediately with rice. Makes 2 generous servings.

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Date Entered: June 1, 1991