

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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