

Powder Keg Chicken Stir Fry

Serves 4

Ingredients

2 Tbl Oil (vegetable or sesame)

1 lb chicken breast halves or thighs, boneless skinless, cut into 1-inch pieces

3 Cups cut-up assorted vegetables (bell peppers, broccoli flowerets, shredded carrots)

1 clove garlic, finely chopped

1/2 cup Powder keg BBQ Glaze and Grilling Sauce

1. Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat. Add chicken; stir-fry about 3 minutes or until no longer pink in center (cook minimum 165°F minimum internal temperature). Remove from skillet.
2. Heat remaining 1 tablespoon oil in skillet. Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are al dente. Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until hot. Serve over rice