



# green bean chicken stir fry

## INGREDIENTS

---

4 c green beans, ends trimmed  
and cut to 1" pieces

2 lb boneless skinless chicken breast  
cut into 1" cubes

1 c chicken broth

1/2 c soy sauce

2 TBS maple syrup (optional)

2 TBS corn starch

(mixed with 1-2 TBS water for slurry)

## INSTRUCTIONS

---

Heat wok or large skillet on medium heat, and saute to cook chicken all the way through with a drizzle of oil of your choice.

Once chicken is cooked, remove from pan and set aside.

Add green beans to pan, and cook (stirring occasionally) until cooked to your liking.

Mix remaining ingredients in a mixing cup, add to pan with chicken, and stir until sauce starts to thicken.

Remove from heat, and serve over steamed rice.