

Bourbon Chicken Stir Fry

4 lbs boneless chicken breasts, cut into bite-size pieces
2 tablespoons olive oil
6 garlic cloves crushed
2 TBSP minced fresh ginger
1 1/2 teaspoons crushed red pepper flakes
1/2 cup apple juice
1/2 cup light brown sugar
4 tablespoons ketchup
2 tablespoons cider vinegar
1/2 cup water
1/2 cup bourbon whiskey (or other whiskey)
2/3 cup low sodium soy sauce

1 onion sliced
2 red, orange or yellow bell peppers chopped

2 cups of jasmine rice – cook separately and serve with the dish

Lightly brown the chicken in oil in a non-stick fry pan. Remove chicken before it is done. In the remaining oil, cook onions, garlic and ginger for a few minutes. Add everything else, including the chicken, to the pan except bourbon and bell peppers. Cook the mix on moderate heat (bubbling) until it starts to cook down (about 20 minutes). Turn off the heat and stir in the bourbon and peppers. Turn the heat back on for several minutes and stir. Serve over rice.