

Sweet and Sour Chicken

This recipe was donated by one of our new owners at the time, LeeLee; and it was a big hit!

6-8 Boneless Chicken Thighs
1 White Onion (cut into chunks)
1 Green Bell Pepper (cut into bite size pieces)
2 Cups Pineapple Chunks
1 Cup Chicken Broth/Water

Sauce:

½ Cup Ketchup
2 Tbs Sugar
1 Tbs Soy Sauce
2 Tsp Sesame Oil

Heat EOC to 425°. Fry Chicken Thighs in EOC (lid cracked) until brown on both sides. Remove Chicken and add Broth/Water. Lower EOC temperature to 350°. Let Broth/Water boil for 2 minutes, add Sauce, Onions, Bell Pepper, Pineapple, mix well and cover. Cut cooked chicken into bite size pieces and add into EOC. Mix well and serve while hot!

Note: If you prefer a thick sauce, you can thicken with 1 Tsp Corn Starch with ¼ Cup Water before serving.