

Skillet GINGER CHICKEN w/Green Beans

(serves 4)

Ingredients:

Chicken Breasts, 4
Vegetable Stock, 1 cup
Green Beans, 4 cups
Ground Ginger
Curry Powder
Turmeric
Salt
Pepper



1. Add the following ingredients to a skillet.

Green Beans, fresh or frozen	4 cups
Vegetable Stock	1 cup
Seasoned Chicken *see below	4 cups

*To Season Chicken, add cubed chicken (we use chicken breast) and seasoning mix (1 TBSP ground ginger, 1 tsp curry powder, 1 tsp turmeric, ½ tsp salt, ¼ tsp pepper) to a small bowl and gently toss to coat chicken. Add seasoned chicken to the skillet.

2. Cover skillet and cook over medium-low heat for 20-30 minutes until chicken is fully cooked. Stir occasionally.