

Chicken Breast

Ingredients

- 1 chicken breast without skin and sliced in strips
- 2 carrots peeled and cut into strips
- 2 seeded tomatoes cut into strips
- ¼ cup soy sauce
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

Mix carrots, tomatoes, soy sauce, and olive oil in bowl and refrigerate for 10 minutes.

Brown chicken strips in olive oil. Set chicken aside.

Strain vegetables and brown in the same skillet. (Keep liquid)

Put everything back into skillet and pour liquid over everything.



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