Sweet and Sour Chicken Mixture

From: CCI Metabolic Kitchen

Ingredients:

Olive Oil	2½ tbsp.	Green peppers, diced	1½ cup
Chicken, diced	16 oz.	Pineapple, canned, drained	1 cup

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Sweet and Sour Sauce (add from previous recipe to desired taste)

Directions:

1. Add olive oil to skillet and heat on stove top medium for 2 minutes.
2. Add diced peppers and stir occasionally for 4 minutes.
3. Add pineapple and chicken stir/heat for 2 minutes.
4. Add the sweet and sour sauce. Stir to combine, remove from heat.

*** Sweet and sour recipe on separate card**

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