

# Spicy Peanut Chicken

Yields: Twenty 2 unit portions protein

Thirteen 3 unit portion protein

Ten 4 unit portions protein

Eight 5 unit portion protein

## Ingredients:

1 Tbsp. Peanut or Sesame Oil

1 cup Yellow Onion, chopped

1 1/2 Tbsp. (4 cloves) Garlic, minced

2 1/2 pounds (\*40 Oz.) Chicken Breasts,  
boneless/skinless (\*eight 5 oz. breasts), cut into 1" pieces

1/3 cup Smart Balance Chunky Peanut Butter

1 1/2 tsp. Curry Powder

1 tsp. Kosher salt

1/2 tsp. Black Pepper

1 1/2 tsp. Crushed Red pepper Flakes

6 oz. can Tomato Paste

3 cups Chopped Roma Tomatoes (canned OK)

Two 14 oz. Fat-free Low-Sodium Chicken Broth

## Directions:

Step 1: Heat oil in a large non-stick skillet over medium-high heat.

Add the onion and garlic; sauté about 5 minutes, or until onions tender, stirring often.

Step 2: Add the cut chicken to the pan; cook about 4 minutes or until chicken is no longer pink, stirring often.

Step 3: Stir in peanut butter and next 5 ingredients; cook 1 min.

Step 4: Add tomatoes and broth; bring to a boil. reduce heat to medium-low and simmer 30 min., or until slightly thickened, stirring occasionally.

-Serve your portion of chicken amount over your portion of rice

