

Wowie Maui Chicken

Ingredients

- 4 Boneless skinless chicken breasts (cubed)
- 2½ Cups Chicken Broth
- 1 Can Pineapple tidbits
- 1½ Cups Uncooked long grain Rice
- ¾ Cup Carrots- finely chopped.
- ½ Cup each Red and green pepper (chopped)
- ⅓ Cup Ketchup
- 2 Tbsp each brown sugar, soy sauce, white vinegar
- 2 cloves of garlic
- ¾ C chopped green onion



Directions

Spray a large saucepan with non stick spray. Add chicken, cook ove medium high heat intil no longer pink. Add remaining ingredients, except green onions. Stire well, bring to a boil. Reduce heat to med-low. Cover and simmer for 25 minutes, until rice is tender. Stir occasionally.

Stir in green onions during last 5 minutes of cooking time. Serve immediately.

Makes 4 servings.