

## Sweet & Sour Chicken Rice Bowls

Sweet & Sour Chicken Rice Bowls (Makes 6 Servings)

### Ingredients

Macros: - 389 Calories - 41g Protein - 51g Carbs - 4g Fat

#### Ingredients:

- 36 ounces Chicken Breast
- 1 tsp Garlic powder (more if you like)
- 1 tsp fresh ginger
- 2 Tbsps. Corn Starch
- 1 Cup White Rice (Dry)
- 2 Cup Chicken Broth
- 2 Diced Bell Peppers
- 1 Diced White Onion
- 1 cup Diced Pineapple
- Sesame Seeds (Optional)

#### Sweet & Sour Sauce:

- 2 Tbsps. Soy Sauce
- 1/4 Cup Light Brown Sugar
- 1/4 Cup Ketchup
- 3 Tbsps. Rice Vinegar
- 1 Tbsp Corn Starch (Mixed with Water)
- 1/2 Cup Chicken Broth

### Directions

1. Dice chicken and coat with ginger, garlic powder and corn starch, sauté until done and set aside.
2. Dice peppers, onions, and pineapple, sauté and set aside
3. Cook rice with broth
4. Mix sauce ingredients until well blended then pour over meat and vegetables.
5. Portion out and serve. Makes 6 meal prep portions.



Ingredient	Serving	Calories	Fat	Carbs	Protein
Chicken breast	36 ounces	990	22.5	0	207
Rice	1 ½ Cup	960	0	210	24
Bell Pepper	3	72	1	18	3
Onion	1	40	0	9	1
Pineapple	1 Cup	82	0	22	1
Soy Sauce	2 Tbsps.	20	0	2	2
0 Cal Brown Sugar	¼ Cup	0	0	16	0
0 sugar Ketchup	¼ Cup	40	0	4	0
Rice Vinegar	3 Tbsps.	0	0	0	0
Corn Starch	3 Tbsp	90	0	21	0
Chicken Broth	2 1/2 Cup	37.5	0	2	5
Total		2331.5	23.5	304	243
Per serving (6)		389	4	51	41