

Spicy(optional)Peanut Chicken

Thank you Sara for sharing

Ingredients

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 cup diced onion (about 1 medium)
- 1 tablespoon minced garlic (about 3 cloves)
- 2 teaspoons curry powder (or according to taste – reduce for less spicy)
- 1 teaspoon salt
- freshly ground black pepper
- 1 cup chopped red or green bell pepper or 1 ½ cups frozen mixed pepper strips
- 1 tablespoon flour (thickening agent)
- 2 cups tomato juice
- 1/4 cup peanut butter

Preparation

1. Heat oil in a skillet over medium heat. Add onion and chicken to pan; cook, stirring, until onions are softened and chicken is no longer pink inside, about 8 minutes.
2. Add to garlic, curry powder, salt and pepper to taste and cook, stirring, for 1 minute. Add bell pepper and cook, stirring, for 1 minute. Add flour and cook, stirring, for 1 minute.
3. Add tomato juice. Bring to a boil. Cook, stirring, until thickened, about 5 minutes. Add peanut butter and stir until blended. Serve chicken mixture over rice.

Optional Garnish - top each serving with tablespoon plain Greek yogurt.
Or if you prefer it a little spicier add 1 tsp Asian chili sauce

Enjoy! 😊