

A Recipe from Bechard Family Farm

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Sweet & Sour Chicken or Pork

¼ cup brown sugar
2-3 tablespoons Corn Starch
1 can pineapple tidbits
¼ cup vinegar
1 tablespoon Soy Sauce
chopped onion
chopped green pepper
½# cooked and cubed chicken or pork meat

Mix brown sugar and corn starch well with fork. Add vinegar, pineapple juice, and soy sauce. Mix. Stir *constantly* over medium heat until thick and bubbly. Add 1 cup water and bouillon cube. Add the rest of the ingredients. Stir over medium heat until sauce begins to thicken again. Serve over cooked rice.