

## MENU 2

### SWEET 'N SOUR CHICKEN

#### OVER RICE

To cook chicken, see recipe for Roast Chicken (Menu 16).

For sauce: 1. Use two jars of Sweet and Sour Sauce

or

2. Mix together one jar of apricot preserves and one bottle of Russian salad dressing.

or

3. **Sweet and Sour Sauce:** In sauce pan mix the following ingredients:

- 1 T. chicken drippings
- 1 chicken bouillon cube
- 1/2 C. water
- 1/2 C. sugar
- 1/2 C. vinegar
- 2 t. cornstarch
- 2 t. soy sauce

Stir constantly over medium heat until thickened, then set pan off heat.

Bone chicken and cut or tear into bite sized pieces. Add to sauce and simmer 5 - 10 minutes over low heat.

Prepare Minute Rice according to directions. For 6 persons, prepare 8 servings of rice. for 4 or 5 persons, prepare 6 servings of rice.

Serve rice and sweet 'n sour chicken separately.

SERVE WITH:

Green beans (see Recipe 12)

and

Pineapple chunks or slices