



Sweet and Sour Chicken



4 chicken breasts
garlic powder
Accent seasoning
1 c cornstarch
4 eggs
7 T ketchup
1 ½ c sugar
2 T soy sauce
½ c vinegar
2 c chicken broth
3-4 c vegetable oil

Cut chicken in bite-size pieces. Sprinkle with garlic and Accent. Dip in cornstarch (I put cornstarch and chicken in Ziploc bag and shake until chicken is well-coated), then egg. Fry in hot vegetable oil (over medium heat) until just crisp, not brown, 30 seconds to 1 minute. Heat ketchup, sugar, soy sauce, vinegar, and broth in pan until dissolved. Pour over chicken in 9 x 13 pan. Cook at 350 for 1 hour, uncovered, stirring occasionally. Serve with fried rice.