



Recipes

Meat and Poultry

Shiitake Chicken

Prep and Cook Time: 30 minutes

Yield: 2 servings

Ingredients:

2 boneless, skinless chicken breasts, cut into strips
4 cups organic low sodium chicken or vegetable broth
1/2 inch sliced fresh ginger
6 whole cloves
1/2 teaspoon organic cinnamon
1/2 teaspoon dried fennel seeds
1 medium size onion, chopped
3 cloves garlic, chopped
8 whole medium dried shiitake mushrooms
1 lb. snap peas, ends cut off
1 bunch broccoli, cut up
1/2 cup minced scallions
Sea salt and black pepper to taste

Directions:

1. Chop onion and garlic.
2. In a pan, sauté onion in broth over medium-low heat for about 5 minutes. Stir frequently.
3. Add garlic, remaining broth, ginger, cloves, fennel seeds, and shiitake mushrooms. On medium heat let simmer for 15 minutes.
4. Cut ends off snap peas and broccoli.
5. Strain broth mixture (save mushrooms), and put the liquid back into pan. Bring to a boil.
6. Add chicken pieces, snap peas and broccoli. Cook on medium heat for about 10 minutes.
7. Slice shiitake mushrooms and add to chicken and broth. Add scallions, cinnamon, salt and pepper to taste.