

Chicken Stir-Fry (a.k.a. Emergency Protein)

INGREDIENTS:

- 1 lb. chicken, thinly sliced
- 2 T ghee or coconut oil
- ½ -1 cup of onions, leeks, shallots, diced
- 2 cloves of garlic, minced
- 1 cup fresh mushrooms, sliced
- ½ cup shredded carrots (spinach, snap peas, broccoli, etc.)
- 1-2 T of Coconut Aminos
- Sea salt
- Fresh ground black pepper

PROCESS:

- Chop vegetables
- Melt 2 T of ghee over medium heat in a skillet. Toss in onion and garlic and stir-fry until they are tender.
- Add mushrooms and carrots
- Add salt and pepper to taste
- Add chicken
- Sprinkle Coconut Aminos over chicken and vegetables
- Stir-fry until chicken is cooked through and vegetables are tender.

Note: Any protein and vegetable combination can be used. Great with beef, venison, elk, etc.

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