

Reckless In The Kitchen

Homemade Lo Mein

Ingredients:

- 1 Tbsp sesame oil
- 2 chicken breasts, cut into cubes
- salt
- pepper
- 2 cloves garlic, minced
- fresh ginger, minced, about 1 inch
- 4 c chicken or vegetable broth
- 1/2 c sweet peppers, cut into matchsticks
- 2 jalapenos, diced
- 1/2 c carrots, cut into matchsticks
- 1/2 c broccoli, cut into small florets
- 1/2 c button mushrooms, sliced
- 8 oz (one small can) water chestnuts
- 1 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 bunch of green onions, diced
- Lo Mein noodles

Directions:

In a large pot heat the sesame oil over medium-high heat. Coat the cubed chicken with salt and pepper. Once the oil is warm and easily coats the bottom of the pot saute the chicken for 5 minutes, stirring to ensure all sides are browned.

After 5 minutes add the minced garlic and ginger and saute for 1 minute. Add all remaining ingredients. Spread out the noodles a bit so they don't cook in one big clump.

Bring the mixture to a boil stirring occasionally. Reduce heat to medium-low, cover the pot, and cook for 15-18 minutes, stirring halfway through.

Most (but not all) of the liquid should be cooked off. If it is not at this point let it continue to cook for 2-3 minutes uncovered. Be sure to stir the noodles every once in a while to prevent the noodles from sticking to the bottom of the pot.

Let the noodles rest for 5 minutes before serving.