

Sweet and Sour Chicken

Makes: 150 Servings

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Ingredients	Weight	Measure
Chicken meat, thawed, cooked, diced*	18 lb	
Vinegar		2 1/2 qt
Catsup	2 1/2 cups	
Sugar	3 lb	
Pineapple tidbits, undrained		1 No. 10 can
Water		4 cups
Cornstarch	1 lb	

Nutrition Information

Nutrients	Amount
Calories	163
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	28 mg
Sodium	98 mg
Total Carbohydrate	17 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	12 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

Ground ginger		1 tsp
Garlic powder		1 tsp
Carrots, frozen, steamed	2 lb	
Peas, frozen	2 lb	

Directions

1. In large pot, combine chicken, vinegar, catsup, sugar and pineapple tidbits. Begin to heat.
2. In a small bowl, mix water, cornstarch, ginger and garlic powder.
3. Pour cornstarch mixture slowly into chicken mixture, stirring constantly, until mixture is clear and thickened.
4. Mix in steamed carrots and frozen peas.

Notes

Serving Tips:

*All thawing time should be in the refrigerator. Can be served over rice or mashed potatoes. Be sure that holding temperature is at least 140 degrees F.

Source: Pat Birtcher, St. Augustine Church School, Napoleon, Ohio