

## Chicken and Pineapple with Black Bean Sauce (serves 6 to 8)

3 lbs boneless skinless chicken breast  
cut into bite sized pieces  
1 (15 oz ) can pineapple Chunks undrained  
1 (15 oz ) Can green beans, drained  
1 Onion chopped  
1 Cup frozen carrot slices  
1 Tablespoon cornstarch  
1 ½ Cups of white rice

### Black Bean Sauce

1 (15 oz) can black beans, undrained  
1 Tablespoon Soy Sauce  
1 Teaspoon Dried ginger  
¼ teaspoon cayenne pepper  
1 teaspoon minced garlic



Put 3 cups of water in a pan add 1 ½ cups of rice and bring to a boil. Meanwhile put chicken and onions in an electric skillet with a little water or oil to start browning. Place sauce ingredients in another pan mix well and bring to a boil. Turn down rice and sauce to simmer covered for 20 to 25 minutes. Stir occasionally. Add pineapple and carrots to the chicken cover and cook for about 15 minutes until pineapple juice is mostly cooked away. Mix cornstarch with water and stir into chicken to thicken remaining liquid. Stir in green beans and black bean sauce. Let cook for a few minutes to heat the green beans. Serve over rice.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>