Soy Sauce Marinated Chicken Breast

2 lbs of chicken breast cut up int small pieces. Make sure is totally thawed might want to cook a little (2minutes in microwave so finishes with rice)

Can't cook 3lbs in steamer doesn't get done, but can fix in skillet instead. Just pour marinated chicken in skillet top with onions. Heat till sauce boils. Then turn down to simmer and coook covered 20 to 25 min until chicken is done. If cooking dry add a little water.

¼ cup soy sauce
2 T sugar
1 t sesame seeds
1 T oil
2 small cloves garlic minced
½ t ginger
1 green onion cut into ribbons or chopped onion

Mix all ingredients but onion let marinate at least 15 min

Create bowl in steamer (Of Rice Cooker) from tinfoil pour in chicken mixture top with onions. If not cooking with rice put 2 cups of water in inner pot and steam.

http://www.lincolntent.com/GFCF-Poultry.html