# Chicken Stir Fry



## Ingredients & Cost

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| Ingredient | Cost |  |
| 1 cup Basmati rice | Costco, $20/20lb bag. | $.50 |
| Broccoli, 1 bag | Trader Joes, 2lb bag, $.xx | 3.69 |
| 1 ½ lb. Chicken Breast | Whole Foods, $5.49/lb | 9.04 |
| Cornstarch (3T) | Target, $2.39/16oz | .16 |
| Olive Oil (2 T) | Costco, $22/2L, Kirkland  | .33 |
| Garlic (4-8 cloves) | Trader Joes, $.49/head | .49 |
| Soy sauce | United Noodle, $4/bottle,  | .95 |
| White Vinegar | Target, $3.89/gal. | .02 |
| Sugar | Costco, $18.50/25 lb  | .02 |
| Cayenne pepper | Amazon-Spice way, $7/8oz,  | .06 |
| Green onions (scallions), 2 bunches | Whole Foods, $.99/ea | .99 |
| Butter or Sesame oil (for rice) |  |  |
| Total |  | ~$16.25 |

## Wines

Medium red: Rioja, Tempranillo, Grenache, Mencia, Gamay, Carignan, Portuguese, Rose (Provence)

Whites: Sauvignon Blanc, Verdejo, Albariños, Riesling, Vouvray (middle), (Chardonnay – non oak)

Price range: $10-$15. **Today, Spanish Monastrell, $10, Costco.** A little heavy, but fun!

Cocktail: Martini (vodka/gin)

Rick (text): 563.579.4194

## Cooking Supplies

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| Wok | Amazon, Craft Wok, $60 |
| Wok spoon | Amazon, $12 |
| Wok base | Amazon, M.V. Trading, $14 |
| Scouring pad | Target |
| Rag | Anywhere |
| Pot | Anywhere |
| Pot holder | Anywhere |
| Plastic bag |  |
| Small dish |  |
| Mini Chopper | eBay |
| Measuring cup |  |
| Measuring spoon, 1T, 1t |  |
| Cutting board | $200 at Boardsmith, Maple |
| Knife |  |