

Kung Pao Beef or Chicken

Feeds 8 Scouts, or 6 Adults

Shopping List:

- 3 lb Beef Sirloin or Chicken Breast cut into 1" cubes
- 4 - 8 Dried Red Chilies chopped (leave out if you don't want spicy)
- 2 Tbls Garlic, minced
- 1 Tbls Ginger, grated
- 2 Tsp Szechwan Pepper
- 4 Green Onions, cut into 1/2" pieces
- 2 Red Bell Pepper
- 4 Tbls Soy Sauce
- 4 Tbls Balsamic Vinegar
- 4 Cups Instant Rice
- 2 Tsp Sugar
- 6 Cups Chicken Broth
- 2 Tbls Corn Starch, dissolved in 4 Tbls water
- Roasted Peanuts (Make sure no one is allergic)

Marinade:

- 2 Tbls Soy Sauce
- 4 Tbls Sesame Oil
- 2 Egg Whites Beaten
- 1 Tsp Salt
- 4 Tbls Peanut or Corn Oil

Equipment:

- Pot to cook the Rice
- Wok
- Spoon to stir

Directions: Prepare all the meat, and vegetables before you leave for camp. Place in separate zip lock bags. Place the Marinade ingredients in the bag with the meat. At Camp: Cook the rice in 4 cups of Broth. Heat the Wok, add the oil, stirring to coat the wok. While stirring add the chilies, the garlic, the ginger and Szechwan Pepper. Continue stirring and add the bell pepper and green onions. Now add the meat, continue stirring until browned. Pour the soy sauce, vinegar, sugar, and remaining chicken broth into the wok - **KEEP STIRRING**. Dissolve the corn starch in the water, stir into the wok, stir until thickened and add the peanuts. Serve over Rice.