



ISLAND STYLE CHICKEN

- 8 ounce Pineapple Chunks In Heavy Syrup
- 2 Pounds Chicken Parts
- 2 Tablespoons Shortening
- 1 Can Chicken Broth
- 1/4 Cup Vinegar
- 2 Tablespoons Brown Sugar
- 2 Teaspoons Soy Sauce
- 1 Large Clove Garlic, Minced
- 1 Medium Bell Pepper, Diced
- 3 Tablespoons Cornstarch
- 1/4 Cup Water

DIRECTIONS

1. Drain Pineapple chunks, reserve syrup.
2. In a skillet, brown chicken in shortening; pour off fat.
3. Add reserved syrup, broth, vinegar, sugar, soy and garlic.
4. Cover; cook over low heat 40 minutes.
5. Add bell pepper and pineapple chunks.
6. Cook 5 minutes more.
7. Stir occasionally.
8. Combine cornstarch and water.
9. Gradually stir into sauce.
10. Cook, stirring until thickened.
11. Serve with rice or noodles.