

Free Press
2019

Sweet & Sour Chicken

3 lbs chicken breasts or drumsticks or thighs

1 cup brown sugar

1 cup water

P.S. Can add

red & green

pepper if

desired.

1/2" white vinegar

3 tablesp Ketchup

1" soy sauce

3" Corn starch

1 can pineapple tid bits drained

Arrange chicken in Casserole.

Mix #1 & put on stove, Dissolve
cornstarch small amount of water. Add to
sauce & until it boils & thickens. Pour
over chicken - top with pineapple.

350° - 1 hr -

4 to 5 people