



# CHICKEN WITH BLACK BEAN SAUCE

A Quick And Delicious Dish Loaded With Vegetables With A Tremendously Savory Sauce

One of the things I really wanted to try and push myself to do, with this collection of Asian recipes, is to step out of my culinary comfort zone. Most of the 'popular' ww-friendly food bloggers all make the same exact handful of Asian dishes. Nobody really branches out to more exotic dishes. If there's one thing we know about me, I don't like to play it safe and boring. This dish accomplishes 2 things. It gives you an extremely fast and easy chicken dish, loaded with veggies and a deeply intense, savory flavor. This dish also lets you bust out the jar of 'black bean sauce' I made you get, to make my 'string bean chicken' recipe. I figured if I'm going to make you buy a jar of that stuff, I need to give you more recipes that call for using it.

## Servings Info.:

Yields: 7 cups

Servings: 5

Serving Size: 1-1/3 cup



- last checked 11/22/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Chicken & Marinade:

- 1-1/2 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce (see notes)
- 1/4 tsp baking soda. Trust me, roll with the madness.

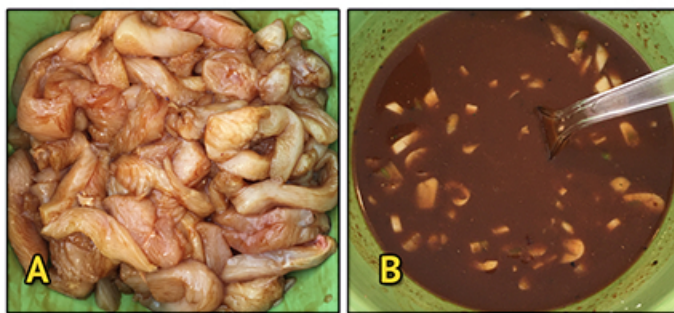
### Sauce:

- 1/2 cup fat free chicken or beef broth
- 1-1/2 tsp cornstarch stirred into the broth, till dissolved
- 3 Tbsp black bean sauce \*\*\* (see notes)
- 1 Tbsp 'dark' soy sauce
- 1 Tbsp white wine (see notes)
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar
- 1 tsp 0 point sweetener o' choice
- 5 medium garlic cloves, finely chopped
- 1 tsp fresh ginger, minced
- 1/4 tsp cracked black pepper

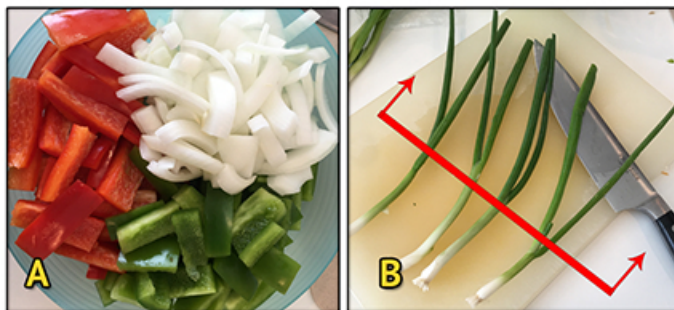
### Veggies:

- 1 large onion, quartered, sliced into strips (2-1/2 cups)
- 1 large red bell pepper (2 cups), cut into bite sized chunks
- 1 large or 2 medium green bell peppers (2 cups), cut into bite sized chunks
- 4 green onions, green parts only, sliced into 1 inch lengths

## Directions:



1. **(A)** In a small cup, mix together the soy sauce, dark soy sauce and baking soda. Pour over the sliced chicken breast and allow to rest for 30 minutes. **(B)** In a separate bowl, add all of the 'Sauce' ingredients, till well combined. Set aside.



2. **(A)** Cut the bell peppers and onions, set aside. **(B)** Slice the upper 'green' portions of 4 green onions (or more, if desired) into 1 inch lengths. Set aside.

3. Heat a LARGE pan over high heat for 1 minute, or until water droplets sizzle off it's surface.



4. (A) Spray hot pan with cooking spray and add the chicken. Spread into 1 even layer, then DON'T TOUCH! Cook for 1 minute, untouched, then stir the chicken and cook again for 1 minute, untouched. Continue for 5 minutes, or till just cooked through. Remove chicken from pan, return pan to heat. (B) Add onion and bell peppers to pan, cooking for 4-5 minutes over high heat. (C) Pour in the prepared sauce and sliced green onions, stir to combine. Allow to continue cooking and thickening over high heat for 1 minute. (D) Add the chicken back into the pan, mix to combine, cooking until the sauce has thickened to a gravy-like consistency. Serve immediately.

**NOTES & SUGGESTIONS:**

- **BLACK BEAN SAUCE:** BBS is essential for the traditional version of this dish. Check for it in the Asian food aisle of your local grocery stores. I had to check 6 stores before I found it. You can fix that by ordering some online from walmart or elsewhere. Note, different brands are different points. I used 'Kikkoman' brand, Black Bean Sauce with Garlic, which is 2 points for 3 Tbsp. If you cannot get black bean sauce, use oyster sauce, though it'll have a drastically different flavor. I highly recommend the black bean sauce, as it's also used in my String Bean Chicken.
- **WHITE WINE:** What the heck?... Well, The traditional recipe calls for an Asian sweet wine. I'm not going to tell you to buy that. Instead, we're going to make our own substitute, using regular white wine, plus some sweetener, rice vinegar and balsamic. Problem solved.
- **PROTEIN:** It goes without saying, you can replace the chicken with beef, tofu or seafood. Adjust points if needed.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand to calculate the points for this recipe.
- **POINTS:** This recipe lets you have up to 2 servings for 0 points on both the 'regular' and the 'diabetic' plans. However, there IS a lot of sodium, so be mindful of that.

