

Green Bean Chicken Stir Fry



Cooking with

Kids!

This is a great recipe to have your kids help mix and stir in the different ingredients!

Additional Notes

Extra Tips!

Green Beans

You can use fresh, frozen, or drained canned green beans for this recipe.

Chicken

Instead of cooking the chicken in oil, you could also cook ahead of time in a crockpot or used pre-cooked chicken.

January 2026

Utah State University Extension

[Download Recipe](#)

Ingredients

- 1/4 cup water
- 1/4 cup low-sodium soy sauce
- 1 Tbsp tomato paste
- 2 tsp balsamic vinegar
- 1/4 to 1/2 tsp red pepper flakes
- 1 Tbsp minced garlic
- 1/2 tsp ground ginger
- 1 tsp cornstarch
- 1 Tbsp cooking oil (olive, avocado, canola, sesame, etc)
- 1 lb. chicken, cut into bite size pieces
- 4 cups green beans

Instructions

1. Combine water, soy sauce, tomato paste, balsamic vinegar, sugar, red pepper flakes, and cornstarch in a small bowl. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring until chicken is cooked to 165 degrees.
3. Add green beans to the skillet with the chicken. Cook and stir for 1 minute.
4. Stir sauce well and add to skillet. Cook and stir until sauce thickens, about 1 minute.
5. Serve hot over cooked quinoa or brown rice.