

## Chicken - Sweet & Sour

Carolyn Dunnett

1 C Sugar

1 C Vinegar

1/2 C Tomato catsup

3 level T cornstarch

1 t Tabasco sauce (too much)

1 t garlic powder

Mix ingredients and then add cornstarch after it heats up.

Cook the sauce and pour over chicken tossing only enough sauce to coat it and not to float. You can fry the chicken or boil it, and then add pineapple chunks and green peppers.