Chicken Teriyaki and vegetables with brown rice

Ingredients

2 lb boneless skinless chicken thighs

1 T minced garlic

1 T minced ginger

¼ C honey

¼ C brown sugar

½ C soy sauce

1 T sesame oil

2 T rice vinegar

2 T cornstarch

1 C brown rice

2.5 C water for rice

Vegetables

3 carrots, julienned

1 daikon, peeled and small dice

1 small white onion, diced

1 green bell pepper, diced

1 red bell peppper, diced

Procedure

1. Whisk together all of the ingredient through the rice vinegar in a small bowl
2. Place chicken in a pot set to medium and pour sauce over the chicken. Cook at a simmer for 3-4 hours, or until chicken is falling apart.
3. When the chicken is an hour from being done, start cooking the brown rice, set aside when done
4. With 30 minutes until chicken is done, prep the vegetables and stir fry individually in a saute pan. Place in bowl when done
5. When the chicken is done, remove, shred with knife and add to bowl.
6. Let cooking liquid cool, then whisk in the cornstarch, and bring back up to temperature to allow sauce to thicken.
7. Combine sauce with the rest of the ingredients in the bowl, check seasoning, portion and serve