Chicken with Garlic and Vegetables

4 T olive oil

2 lb boneless skinless chicken breast

2-3 carrots, peeled and cut into thin strips

1 leek, white part only, thoroughly washed and cut into thin strips

1 red bell pepper, seeded and cut into thin strips

2 garlic cloves, finely minced

1 small can canned tomato sauce

1. Heat oil in a large skillet over medium heat
2. Sauté chicken breast 4-5 minutes per side until done. Transfer to a platter and keep warm
3. Add carrots to skillet and saute over medium heat for 1 minute.
4. Add leek, bell pepper and garlic, saute another minute
5. Stir in tomatoes and simmer 2 minutes, or until vegetables are tender
6. Serve vegetables with chicken