

Crockpot, Dinner, Gluten-Free, Quick

RECIPE NAME

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 4 hours

INGREDIENTS

2 lbs. boneless and skinless chicken tenders, sliced into strips

1 Tbsp. canola oil

2 Tbsp. apple cider vinegar or rice wine vinegar

¼ c. soy sauce, tamari, or coconut aminos

2 Tbsp. ketchup

1 Tbsp. brown sugar

¼ c. soy sauce

1 Tbsp. minced garlic

½ tsp. grated garlic

½ red pepper flakes

1 c. cashew halves

DIRECTIONS

1. Place chicken in the slow cooker.
 2. Mix the oil, soy sauce, vinegar, ketchup, sugar, garlic, ginger, and red pepper flakes in a separate bowl.
 3. Pour the mixture over the chicken.
 4. Cook on high for 2 hours or low for 4 hours.
 5. 15 minutes before serving, add the cashews.
 6. Serve over rice.
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NOTES

To meal prep, make the mixture earlier in the week. All you need to do is pour it over the chicken.

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