

Crockpot Cashew Chicken.. Oh so good

Ingredients:

2 lbs boneless, skinless chicken thigh tenders or chicken breast tenders

1/4 cup all purpose flour

1/2 tsp black pepper

1 Tbsp canola oil

1/4 cup soy sauce

2 Tbsp rice wine vinegar

2 Tbsp ketchup

1 Tbsp brown sugar

1 garlic clove, minced

1/2 tsp grated fresh ginger

1/4 tsp red pepper flakes

1/2 cup cashews

<http://www.daydreamkitchen.com/2012/09/crock-pot-cashew-chicken/>

Directions:

Combine flour and pepper in large Ziploc bag. Add chicken. Shake to coat with flour mixture. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Place chicken in slow cooker. Combine soy sauce, vinegar, ketchup, sugar, garlic, ginger, and pepper flakes in small bowl; pour over chicken. Cook on LOW for 3 to 4 hours. Add cashews and stir. Serve over rice. Makes 4-6 servings. If you want like sauce and want to have some to pour over the chicken and the rice, double the sauce ingredients.