

RECIPES

Foresthill Friendship Club Recipe

Crockpot Sweet and Sour Chicken

I found one of my favorite summertime meals, sweet and sour chicken prepared in the crockpot. Take a few minutes in the morning, prep ingredients, to cook for 3.5-4.5 hours on Low or 2 to 2.5 hours on High in a 5 to 6-quart crockpot when ready for dinner time. Just cook the rice your family likes while the sweet and sour chicken is cooking.

Sweet and Sour Chicken

- 1.5 pounds Boneless, Skinless Chicken Breast (cut into 1-inch pieces)
- 1 Red Bell Pepper (cut into 1-inch pieces)
- 1 Green Beel Pepper (cut into 1-inch pieces)
- 1 20 ounce can Pineapple Chunks in 100% juice, undrained
- 1 1/4 Cup Cornstarch
- 1/3 Cup Honey (I add 1/3 cup of brown sugar with the honey for more sweetness)
- 1/3 Cup Apple Cider Vinegar (I use rice vinegar sometimes)
- 1/4 Cup reduced -sodium Soy Sauce
- 1/4 Cup Ketchup (to make a little heat add chili oil or dried red chilies)
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Ground Ginger
- Salt and Peper to taste
- Cooked Rice and sliced Green Onions for serving.

Place the chicken pieces, bell peppers, and entire can of pineapple (with Juice) into a 5 -6 quart slow cooker. Season with a pinch of salt and pepper.

Next, in a bowl whisk together the cornstarch, honey, vinegar, soy sauce, ketchup, garlic powder, and ginger until smooth. Pour sauce over the chicken and vegetables in the slow cooker. Cover and cook on LOW for 3.5 -4.5 hours or on HIGH for 2 - 2.5 hours, until chicken is cooked through and tender. Sir gently half through cooking. Once done taste and season with salt and pepper. The sauce will thicken as it sits. Serve sweet and sour chicken over cooked rice and garnish with sliced green onions. Enjoy!