

# CROCK POT CASHEW CHICKEN RECIPE

## Ingredient

2 lb  
boneless, skinless chicken thigh tenders or chicken breast  
tenders  
1/4 c  
all purpose flour  
1/2 tsp  
black pepper  
1 Tbsp  
canola oil  
2 Tbsp  
rice wine vinegar  
2 Tbsp  
ketchup  
1 Tbsp  
brown sugar  
1 clove  
garlic, minced  
1/2 tsp  
grated fresh ginger  
1/4 tsp  
red pepper flakes  
1/2 c  
cashews

## How to Make :

1

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.

2

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.

3

If you want extra sauce to pour over the chicken and the rice, double the sauce ingredients.

4

I also will dice celery, carrots, onions to put in the pot with the chicken. What goes in the pot depends on what I have on hand and my mood. Make sure it is a small dice so the veggies cook to a tender state.