

# Crockpot Cashew Chicken

## 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 cashew

## 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.