

Easy Crock Pot Orange Chicken!

INGREDIENTS:

4-5 Boneless Chicken Breasts – Thawed
3/4 cup Orange Marmalade (or Apricot Preserves)
3/4 cup of BBQ sauce
2 tbsp. Soy Sauce
Sesame Seeds and Orange Zest for garnish (optional)

Serve over:

Rice, Peas, Cabbage, etc..

Orange Marmalade Substitutes:

Reduce Orange Juice

Apricot Preserves

Orange Zest, Sugar and Water over LOW heat

Directions

Cook the Chicken in the crock pot on HIGH for 3 hours – covered

Drain the Juice from the Crock Pot

Mix the BBQ sauce, Orange Marmalade, and Soy Sauce

Pour Mix over chicken, cover and cook on high for an additional 30 minutes.

Steam your rice and veggies, place in the bowl and serve.

source:tomatohero.com