



# Crock Pot Cashew Chicken

This is better than most Chinese takeout cashew chicken. Throw it all in the slow cooker and have a delicious, no-fuss dinner!

## 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

## Directions:

Combine flour and pepper in a large Ziploc bag. Add chicken. Shake to coat with flour mixture.

Heat oil in a skillet over medium-high heat. Brown chicken about 2 minutes on each side.

Place chicken in a 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.

If you want like sauce and want to have some to pour over the chicken and the rice, double the sauce ingredients.

Makes 4-6 servings.