



Crock Pot Cashew Chicken



Ingredients:

- 2 lbs boneless, skinless chicken thigh tenders or chicken breast tenders
- ¼ cup all purpose flour
- ½ tsp black pepper
- 1 Tbsp canola oil
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 2 Tbsp ketchup
- 1 Tbsp brown sugar
- 1 garlic clove, minced
- ½ tsp grated fresh ginger
- ¼ tsp red pepper flakes
- ½ cup cashews

Method:

1. Combine flour and pepper in large Ziploc bag.
2. Add chicken, shaking to coat with flour mixture.
3. Heat oil in skillet over medium-high heat.
4. Brown chicken about 2 minutes on each side.
5. Place chicken in slow cooker.
6. Combine soy sauce, vinegar, ketchup, sugar, garlic, ginger, and pepper flakes in small bowl; pour over chicken.
7. Cook on LOW for 3 to 4 hours. Add cashews and stir. Serve over rice.
8. If you like the sauce and want to have some to pour over the chicken and the rice, double the sauce ingredients.