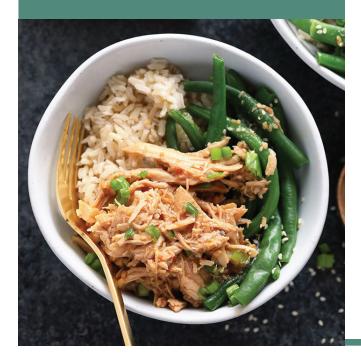
glow cooker HONEY GARLIC CHICKEN

FREEZER BAG INGREDIENTS

- 1.5 lbs. boneless skinless chicken breast
- 3 tablespoons minced garlic
- ½ cup honey
- $\frac{1}{2}$ cup sov sauce (or tamari)
- 2 teaspoons red chili garlic sauce

COOKING INGREDIENTS

½ tablespoon cornstarch (optional)



FREEZER BAG DIRECTIONS

- Create honey garlic sauce by mixing together minced garlic, honey, soy sauce and red chili garlic sauce until the honey has dissolved.
- 2. Then, place chicken breast into a freezer safe gallon-sized bag and pour sauce on top.
- 3. Remove as much air from the bag as possible and seal tightly.
- 4. Freeze for up to 3 months.

COOKING DIRECTIONS

- 1. Thaw freezer bag in the fridge overnight.
- 2. Once thawed, place contents of the bag into slow cooker and mix.
- 3. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
- 4. Once the chicken is fully cooked, remove and shred.
- 5. Then, add in 1/2 tablespoon of cornstarch into the sauce in the slow cooker and whisk.
- 6. Add chicken back in and stir. Cover and cook for an additional 10 minutes to thicken.
- 7. Serve with your favorite grain and steamed vegetables.