

slow cooker

HONEY GARLIC CHICKEN

FREEZER BAG INGREDIENTS

- 1.5 lbs. boneless, skinless chicken breast
- 3 tablespoons minced garlic
- ½ cup honey
- ½ cup soy sauce (or tamari)
- 2 teaspoons red chili garlic sauce

COOKING INGREDIENTS

- ½ tablespoon cornstarch (optional)

FREEZER BAG DIRECTIONS

1. 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.

