

HONEY TERIYAKI CHICKEN

DIRECTIONS

RECIPE FROM: Twin Dragonfly Designs
COOK TIME: 4 hours on LOW
SERVES: 5

INGREDIENTS

5-6 chicken breast halves
½ cup onion, diced
2 tsp garlic, minced
½ cup honey
¼ cup ketchup
½ cup soy sauce
2 Tbsp olive oil
½ tsp cayenne pepper

4 tsp cornstarch
1/3 cup water

1. Add chicken, onion, garlic, honey, ketchup, soy sauce, olive oil, and cayenne pepper to a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw in fridge overnight.
4. Pour contents of freezer bag into a slow cooker and cook on LOW for 4-6 hours.
5. Whisk cornstarch and water then add to cooked sauce in slow cooker. Mix well and allow sauce to thicken.

OPTIONAL: Serve over rice.