

Slow Cooker Cashew Chicken

8 servings 4-6 hours

Ingredients

- 2 lb. boneless skinless chicken
- 1 onion, chopped
- 3 stalks celery, chopped
- 5 oz. shredded carrots
- 1/3 cup soy sauce
- 1 cup Japanese BBQ sauce
- 1 cup cashews

Directions

1. Place all ingredients in slow cooker.
2. Cook on high for 4 hours, medium heat for 6, or low heat for 8 hours.
3. Once chicken has fully cooked, remove from vegetables and sauce. Cut chicken into bite sized pieces and return to sauce and veggies.
4. Serve over a bed of rice. Garnish with green onions (optional).

Freezer Meal Instructions

1. Place all ingredients in a gallon ziplock bag.
2. Massage liquids and spices into meat.
3. Label and freeze for up to six months.
4. Defrost in fridge overnight and then cook following directions above.

Better than take-out!