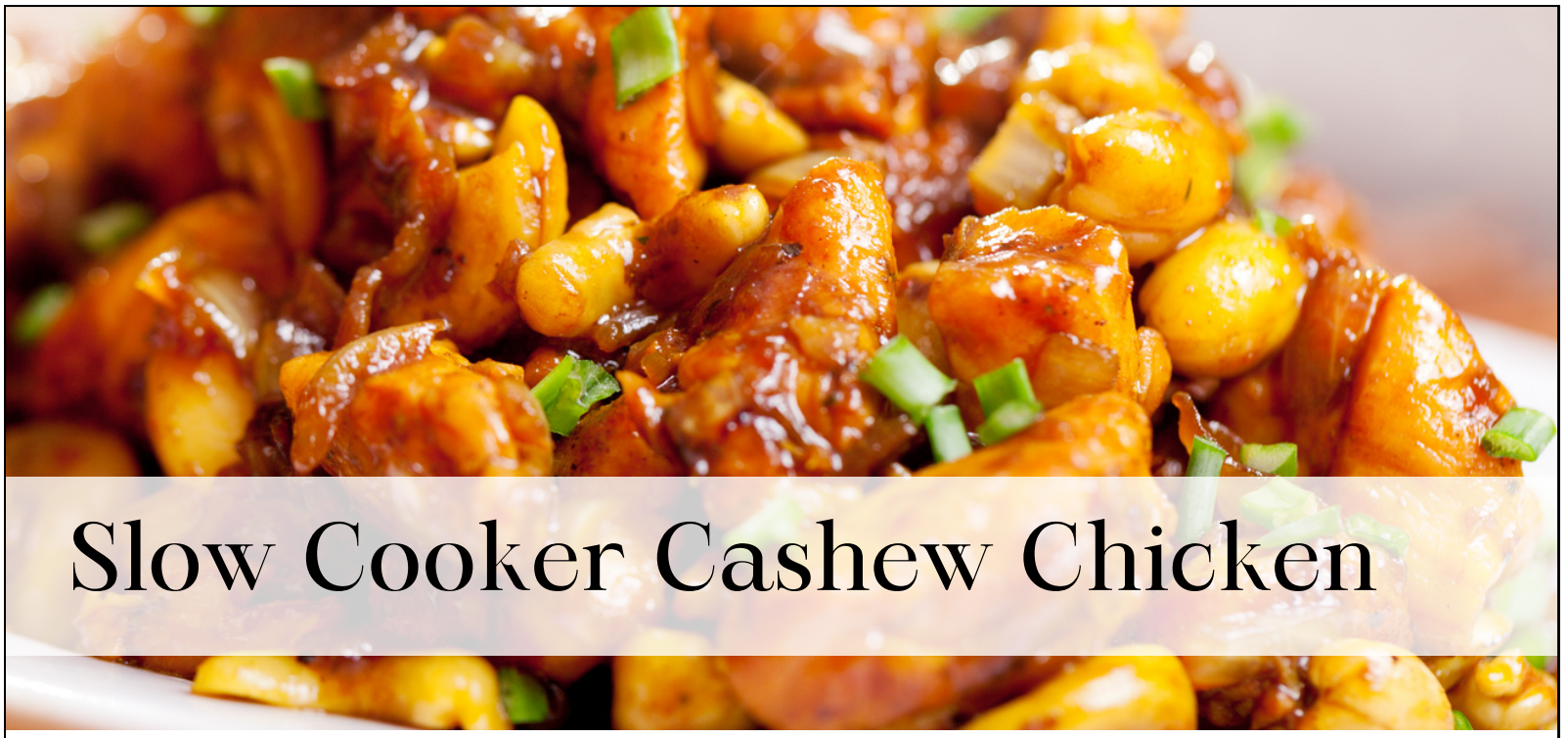


Slow Cooker Cashew Chicken

8 servings 4-8 hours

Better than take-out!

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 Directions

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.