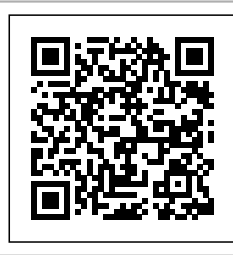


Crockpot Teriyaki Chicken



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 10 minutes

Cook Time: 4 hours 10 minutes

Ingredients

- 2 lb of Skinless Chicken thighs
- 1/3 cup of Soy Sauce
- 1/3 cup of Water
- 1 Clove of Garlic, minced
- 1 Tsp of Grated Ginger
- 2 Tbsp of Brown Sugar
- 2 Tbsp of Honey
- 2 Tbsp of Rice Vinegar
- 1 Tbsp of Mirin
- 1/4 tsp of Sesame Oil
- 2 Tbsp of Cornstarch
- 2 Tbsp of Water

Optional:

- 3 cups of Broccoli Florets
- 1 Bell Pepper, chopped
- 1 Yellow Onion, chopped

1) In a small measuring cup or small bowl, whisk together the soy sauce, water, brown sugar, garlic, ginger, rice vinegar, mirin and sesame oil.

2) Place the chicken in the Crock Pot, add the sauce on top, place a lid on and cook on high for about 4 hours or low for 6 to 8 hours.

3) If you're adding the veggies to this, do so at the very last 45 minutes of cooking to prevent them from getting too soggy.

4) When ready, remove the chicken and veggies, place the sauce in a skillet, heat it over medium heat. Meanwhile, in a small bowl mix together the water and cornstarch, add it to the simmering sauce, cook for a few minutes or until it thickens, stir it with the chicken and veggies and serve over rice.

