

Cashew Chicken Recipe

Ingredients:

2 lbs boneless skinless chicken breasts (About 4 pieces), cut into smaller pieces

1/4 cup all purpose flour

1/2 tsp black pepper

1 Tbsp canola oil

1/4 cup soy sauce

2 Tbsp rice vinegar

2 Tbsp ketchup

1 Tbsp brown sugar

1 garlic clove, minced

1/2 tsp grated fresh ginger

1/4 tsp red pepper flakes

1/2 cup unsalted cashews

fresh veggies of your choice: peppers, broccoli, snap peas, peas, carrots, water chestnuts, etc.

Directions:

1. Combine flour and pepper in resealable food storage bag. Add chicken. Shake to coat with flour mixture.
2. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side.
3. Place chicken in slow cooker.
4. Combine soy sauce, vinegar, ketchup, sugar, garlic, ginger, and pepper flakes in small bowl; pour over chicken.
5. Cook on LOW for 3 to 4 hours.
6. Before serving steam some veggies and throw into crock pot and stir.
7. Add cashews and stir.
8. Serve with rice.