

Slow Cooker General Tso's Chicken

Servings : 4

Amount	Measure	Ingredient - Preparation Method
3	large	boneless skinless chicken breast (about 2 lbs) - chopped into bite size pieces
2	tablespoons	oil
1	cup	corn starch
1	teaspoon	salt
1	teaspoon	garlic powder
1/2	teaspoon	pepper
		sauce
4	tablespoons	hoisin sauce
4	tablespoons	soy sauce
4	tablespoons	rice vinegar
2	tablespoons	sugar
1	tablespoon	garlic - minced
2	tablespoons	water
1	teaspoon	crushed red pepper
		steamed or fried rice

Preheat oil in a nonstick pan or skillet over medium heat. Whisk together corn starch, salt, 1 tspn garlic powder, and pepper.

Add corn starch mixture and chicken pieces to a large zip loc bag. Seal and shake to coat chicken.

Add coated chicken to pan. Saute 1-2 minutes until browned.

In a bowl, combine all sauce ingredients and whisk to combine. Add half to crockpot along with chicken. Cook on low for 4 hours.

Before serving, add remaining sauce to crockpot and stir gently. Serve with rice.