

## Sweet & Sour Chicken

### Ingredients;

2 tbsp (30 ml) Ketchup

1 cup (250 ml) Water

½ cup (125 ml) White Vinegar

1 tbsp (15 ml) Soy Sauce

1 cup (250 ml) Brown Sugar, packed

1 ½ lbs (680 g) Cooked boneless, skinless chicken breasts (or thighs), cut bite size

2 tbsp (30 ml) Cornstarch

2 tbsp (30 ml) Water

### Instructions;

Combine first 5 ingredients in 3 1/2 quart (3.5l) slow cooker. Stir

Add chicken, stir, cover & cook on low for 6-8 hours or high for 3-4 hours.

Combine cornstarch and second amount of water in small bowl. Stir into slow cooker. Cook on high, stirring often for 15-20 minutes until thickened. For faster cooking, pour sauce into saucepan. Heat on stove stirring often until thickened. Serves 6.

1 serving- 290 calories; 1.4g Total Fat; 328 mg Sodium; 27 g Protein; 43 g Carbohydrate

Looking for something  
new for supper?

Give this a try

