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Sweet and Sour Slow Cooked Chicken

Courtesy of Kevin Alexander @fitmencook

If you love sweet and sour chicken but hate the MSG bloat you get from your favorite takeout, this recipe is for you. A standard-issue slow cooker is all you need to transform basic, boring chicken breasts into your favorite mouth-watering morsels. Serve this simple and delicious recipe over rice, or take it low-carb with steamed vegetables.

Prep time: 20 min. **Cook time:** 2-3 hours

Serving size: 1 bowl

Recipe yields 6 servings

Ingredients

Chicken:

1-1/2 lbs. chicken breast, cut into 1-inch pieces

3 tbsp arrowroot starch

1-1/2 tbsp olive oil

Sauce:

Juice from 1 orange

1/2 tbsp orange zest

1 tbsp minced garlic

2 tsp ginger, paste or grated

1/4 cup liquid aminos (or coconut aminos or low sodium soy)

3 tbsp honey

2 tbsp Sriracha (or tomato sauce if you can't take the heat)

1 tbsp rice vinegar (or ACV)

2 tsp sesame oil (optional but recommended for added fragrance and flavor)

1/4 cup water (optional if you need more liquid)

1-1/2 tbsp arrowroot powder

Garnish:

Sesame seeds (TIP: add per serving since these add calories)

Green onions

Directions

1. Add ingredients for chicken in a large bowl. Mix everything together, ensuring the chicken pieces are coated, then set aside.
2. Mix all ingredients for sauce together except the water and arrowroot powder, and set aside.
3. Set a large nonstick skillet on medium heat and add olive oil. Once the oil is hot, add the chicken pieces and cook until the outsides are seared golden brown, about 6 minutes. The chicken does NOT have to be cooked all the way through at this point since it will finish cooking in the slow cooker.
4. Add the chicken pieces to the slow cooker and pour in the sauce. Add the 1/4 cup of water if needed to cover chicken. You can also add additional orange juice or liquid aminos.
5. Cook on high for no more than 2 hours, or on low for 2-3 hours.
6. About 30 minutes before the end of the cooking cycle, remove lid and stir the ingredients. Add arrowroot powder for thickener and additional liquid if needed. Stir everything together again and replace lid, allowing the sauce to thicken as chicken finishes cooking.
7. Serve the chicken with your choice of rice or vegetables. Garnish with sesame seeds and green onion and enjoy!