

Honey-Soy Chicken

Ingredients

6-8 Chicken thighs, breasts, cut into large cubes or whole
(Can also use some kind of fake-meat alternative)

1/2 small onion or 1 shallot, chopped
3 cloves of garlic, minced (~2 tbsp)
2 tsp fresh ginger, minced
1/4 tsp red pepper flakes
1 tsp dried basil
1/2 cup soy sauce
1/2 cup ketchup
1/3 cup honey

Instructions

Place chicken in a 4-quart slow cooker.

Whisk sauce ingredients together in a bowl; pour over chicken.

Cook on low for ~6 hours, or high for ~2 hours

Additions:

- Add a small amount of toasted sesame oil and/or sesame seeds to sauce.
- Add chunks of pineapple, bell pepper, and chopped onion for the last 30 minutes of cooking.

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