



Palatable

Slow-Cooker Sesame-Garlic Chicken

🕒 Prep: 5m • Cook: 4h 5m • Total: 4h 10m

Ingredients

- 1/2 cup diced onion
- 3/4 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 3 to 4 cloves garlic, minced
- 4 boneless skinless chicken breasts
- 2 teaspoons cornstarch
- 3 tablespoons water
- 1 tablespoon sesame seed

Instructions

1. In small bowl, mix onion, honey, soy sauce, ketchup, oil, sesame oil and garlic. Set aside.
2. Place chicken in 4- to 5-quart slow cooker. Pour honey mixture evenly over chicken.
3. Cover; cook on Low heat setting 4 hours.
4. With slotted spoon, remove chicken from slow cooker, leaving sauce in cooker. In small bowl, stir cornstarch into water until dissolved. Pour into slow cooker; stir to combine with sauce. Cover; cook sauce on High heat setting 10 minutes longer or until sauce has thickened.
5. While sauce is cooking, shred chicken with 2 forks.
6. Return shredded chicken to slow cooker; toss with sauce. Sprinkle with sesame seed before serving.

Notes

Tips

This chicken is great served with a side of cooked Valley Fresh Steamers® Select® frozen broccoli florets.

If you want to add some spice to your Slow Cooker Sesame-Garlic Chicken, add 3/4 teaspoon of crushed red pepper flakes at the beginning of the cooking process.

In a rush? You can cook this recipe on the High heat setting for 2 hours for a speedy version of this recipe.

🔗 Source : <https://www.bettycrocker.com/recipes/slow-cooker-sesame-garlic-chicken/0f912d40-e509-4337-817b-2801fce28e24>