



# Slow Cooker Cashew Chicken

BY COOKIE ROOKIE

🕒 15 MINS | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

2 pounds boneless skinless chicken tenders, sliced into strips  
 1 tablespoon canola oil  
 1/4 cup reduced-sodium tamari or soy sauce  
 2 tablespoons apple cider vinegar  
 2 tablespoons ketchup  
 1 tablespoon dark brown sugar  
 1 tablespoon garlic minced  
 1/2 teaspoon ginger grated  
 1/2 teaspoon red pepper flakes  
 1 cup cashews halved

## To serve

4 cups cooked white rice  
 4 sprigs cilantro, for garnish

## Cooked White Rice

1 cup white rice  
 2 cups water

## NUTRITION INFORMATION PER SERVING

Calories 397kcal	Sodium 592mg
Carbs 21g	Fiber 0.84g
Protein 41g	Added Sugar 3.44g
Total Fat 16g	Fruits 0 servings
Saturated Fat 2.82g	Vegetables 0.01 servings

## Method

1. Heat oil on medium high heat in a large skillet. Add chicken and cook each side for 2 minutes until browned.
2. Place chicken in the slow cooker and top with soy sauce, vinegar, ketchup, brown sugar, garlic, ginger, and red pepper flakes.
3. Stir to combine.
4. Cook for 2 hours on high or 4 hours on low.
5. Right before serving, stir in cashews.
6. Serve over rice.

## Cooked White Rice

1. Bring water to a boil and add rice.
2. Cover and simmer over low heat for 20 minutes until rice is tender.
3. Remove from heat and let stand, covered, for 5 minutes; fluff with a fork.

