

CHICKEN LO MEIN



4-5 HOURS LOW
2-3 HOURS HIGH



INGREDIENTS

- 4 lbs CHICKEN BREASTS- DICE UP
- 1 BAG Frozen SNAP PEAS
- 1 BAG Frozen STIR FRY VEGGIES
- 2 CUPS CHICKEN BROTH
- 1/2 CUP WORCESTERSHIRE SAUCE
- 1/2 CUP LOW SODIUM SOY SAUCE
- 4 T HONEY
- 4 tsp MINCED GARLIC
- 1 tsp GROUND GINGER
- 1-2 PKG STIR FRY/LO MEIN NOODLES

INSTRUCTIONS

- Place chicken (cut up) in bottom of crock HIGH
- Add snap peas, water chestnuts, and chicken broth.
- In a small bowl whisk together Worcestershire sauce, soy sauce, honey, garlic, and ginger.
- Pour into the crock pot.
- Cook on low for 4-5 hours. Or higher for about 3
- Meanwhile cook the lo mein noodles according to directions.
- Stir in the lo mein noodles and serve.