



cara price

CROCKPOT CHICKEN TERIYAKI

INGREDIENTS

4 pounds boneless, skinless chicken thighs, cut into cubes
4 cups broccoli florets, cut into bite size pieces
3 cloves garlic
2 large red bell peppers, cut into bite size pieces
1 bunch green onions, diced
1 ½ cups coconut aminos
¼ cup tahini
¼ cup maple syrup
1 tablespoon avocado oil
1 tablespoon sesame oil
1 tablespoon arrowroot flour
1 ½ t Chinese 5 spice
½ teaspoon salt
Spray oil
Fresh ground salt

DIRECTIONS

Combine coconut aminos, tahini, maple syrup, arrowroot flour, garlic, Chinese 5-spice & salt together in a blender. Blend until smooth.

Add avocado oil & sesame oil to the bottom of a large crockpot. Then place the chicken thighs in the crockpot.

Pour the sauce from the blender over the chicken. Cook in a crockpot on high for 4 hours.

30 minutes before the chicken is done, turn your oven on to 450. Spray a cookie sheet with avocado spray oil, chop bell peppers & broccoli & bake for 15 minutes or until desired doneness.

Lightly sprinkle with freshly ground salt. Add veggies into the crockpot & stir. Garnish with green onions.

Serve over regular rice or cauli-rice.