

Easy Orange Chicken (Crockpot)

Cheddar' Scratch Kitchen

4 chicken breasts
3/4 cup barbecue sauce
3/4 cup sweet orange marmalade
2 tablespoons soy sauce
chopped green onion (optional) (for garnish)
sesame seeds (optional) (for garnish)
broccoli and carrots (optional)

Cut the chicken breast into bite-sized chunks. Place the chicken in the slow cooker. Cook on MEDIUM for one-and one-half hours. (For best results, stir about half way through.) (There is no need to add anything, the chicken cooks well in its own juices.) (If the slow cooker does not have a medium setting, cook for two to three hours on LOW.)

While the chicken is cooking, in a bowl, mix together the barbecue sauce, marmalade and soy sauce until well blended.

After one and one-half hours, drain the chicken juices from the crockpot. Pour the sauce mixture into the crockpot with the chicken. Be sure that the chicken is well-coated and mixed in with the sauce. Cook on MEDIUM for an additional two hours (or LOW for three hours). (You may need to add additional time if the chicken is not done.)

The sauce may appear a bit runny at first but it thickens quite a bit as it cools.

Serve over rice. Serve with broccoli and carrots, if desired.

TIPS:

- 1. Add red pepper flakes and/or sriracha sauce to the mixture to turn up the heat.*
- 2. Add chopped onion and bell peppers with the sauce for more flavor.*
- 3.*

Per Serving (excluding unknown items): 2155 Calories; 111g Fat (47.6% calories from fat); 247g Protein; 27g Carbohydrate; 3g Dietary Fiber; 742mg Cholesterol; 4316mg Sodium. Exchanges: 35 Lean Meat; 1/2 Vegetable; 1 1/2 Other Carbohydrates.