SLOW COOKER ORANGE CHICKEN

Ingredients:

- 2T coconut oil (or your favorite oil)
- 1.5 lbs organic chicken breast, cut into cubes
- 3T arrowroot starch
- 1/4 cup fresh orange juice
- 1/4 cup coconut aminos
- 1/4 cup raw honey
- 1 tsp sea salt
- 1/4 tsp turmeric powder
- 1 tsp ginger
- 1 tsp onion powder
- 1/2 tsp fresh black pepper
- Green onion for garnish



Directions:

1. Add the coconut oil to the slow cooker and set to high.
2. Stir in the chicken and arrowroot starch and stir to evenly coat the chicken pieces.
3. Stir in the coconut aminos, honey, orange juice, salt, pepper and ginger and mix until thoroughly combined.
4. Cook on high for 2 hours or low for about 4 hours. Check towards the end that the chicken has reached 165 F internal temperature. Turn off the slow cooker once the chicken is cooked.
5. Mix the chicken well with the sauce and top with green onion. Serve with steamed broccoli, rice or cauliflower rice.

NUTRITION PER SERVING:

Calories 304, Fat 9g, Carbs 24g, fiber 0g, protein 31g

Reference: https://unboundwellness.com113