

Slow Cooker Clean Cashew Chicken

INGREDIENTS:

- 2 lbs boneless skinless chicken breasts, cut into 1 inch pieces
- 3 Tablespoons Arrowroot flour
- 1 tsp black pepper
- 1 Tbsp grapeseed or palm oil
- $\frac{1}{2}$ cup Coconut Aminos (can also sub Tamari Sauce)
- 4 Tbsp rice wine vinegar
- 4 Tablespoons tomato paste
- 2 Tablespoons chili garlic sauce (like Sambal Oelek)
- 2 Tbsp honey (or more if desired)
- 3 garlic cloves, minced
- 1 tsp sea salt
- 1 tsp onion powder
- 1 tsp grated fresh ginger
- $\frac{1}{2}$ -1 tsp red pepper flakes (plus more for topping, if desired)
- $\frac{1}{2}$ - $\frac{3}{4}$ cup raw cashews
- 2-3 green onions, chopped (garnish)
- Vegetables of choice (side dish)



INSTRUCTIONS:

- Combine Arrowroot flour and pepper in ziploc/food storage bag. Add chicken and shake bag until it's covered with flour mixture.
- Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side and then place in slow cooker.
- Combine coconut aminos, vinegar, tomato paste, chili sauce, honey, garlic, salt, onion powder, ginger, pepper flakes in a small bowl (mix until well combined) and pour over chicken.
- Add the cashews during the cooking process based on your preference. If you like them soft you add them at the start. I usually add them towards the end so that they have more crunch.
- Cook on LOW for 3 to 4 hours.
- Top with green onion and serve over brown (or cauliflower) rice and sautéed vegetables.

NOTES:

- Rice can be made in advance to reduce prep time on a busy night.
- Recommend serving with sautéed vegetables like broccoli, peppers, onions, and/or green beans.
- Serve dish with additional chili sauce or red pepper flakes for those who like more spice.
- Short on time? Use garlic powder, ginger in a tube/jar and Seeds of Change rice in microwave.
- I recommend using organic ingredients when possible.