

Sweet & Spicy Chinese Chicken

An Easy Gluten Free Freezer Meal from ThePeacefulMom.com

INGREDIENTS

3 medium sized boneless skinless chicken breasts (about 2 pounds)
3 boneless skinless chicken thighs
1 large red bell pepper, diced (about 1 cup)
2 cloves of garlic, minced
2 cups of apricot or peach preserves
2 tablespoons prepared brown mustard
2 teaspoons sea salt
2 tablespoons gluten free soy sauce
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon ground ginger

INSTRUCTIONS

Place chicken breasts in bottom of slow cooker. Place chicken thighs on top.

In a small bowl combine remaining ingredients to create sauce.

Pour sauce over chicken.

Cook on low 5-6 hours.

Once chicken is cooked cut it into small pieces and stir to combine well with sauce.

Serve over rice with stir-fried vegetables if desired.

Serves 6

To Freeze:

Place chicken in a gallon size zipper plastic bag. Prepare sauce and pour over chicken. Zip up the bag squeezing out as much air as possible. Freeze flat to conserve freezer space.