

Spicy Honey Chicken Teriyaki

IOWA

Student Wellness

Ingredients

- 1 medium yellow onion, thinly sliced
- 2 pounds boneless, skinless chicken thighs, cubed
- 2 teaspoons minced ginger
- 4 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 cup low sodium chicken broth
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon black pepper
- 3 Tablespoons corn starch
- 3 Tablespoons cold water



Directions

1. Place onions, chicken, ginger, and garlic in slow cooker. Pour soy sauce, honey, and chicken broth over chicken mixture, and sprinkle with red and black pepper. Cover and cook on HIGH for 3 hours or LOW for 5 hours, until chicken is cooked through.
2. In a small bowl, whisk together corn starch and water until no lumps remain. Pour corn starch mixture into slow cooker with chicken, stirring constantly to incorporate. Cover and cook an additional 30 minutes on HIGH until well thickened. Serve over rice or noodles.