

Main Dish

Sweet and Sour Chicken

Makes 4 Servings

Prep Time: 10 minutes

Allergy Alert: none

Ingredients

1 onion, chopped

1 red bell pepper, chopped

1 green bell pepper, chopped

1-pound skinless, boneless chicken tenders

1 (18 ounce) bottle barbeque sauce

1 cup chili sauce

2 tablespoons minced garlic

1 (8 ounce) can pineapple chunks, drained

Slow Cooker Instructions

Cooking Time: 4 to 5 hours

1. Place onion, red bell pepper, green bell pepper, and chicken tenders in the bottom of the crock pot.
2. Pour barbeque sauce and chili sauce over the vegetables and chicken.
3. Stir garlic and pineapple chunks through the barbeque sauce.
4. Cook on High 4 to 5 hours.

Dutch Oven Instructions

Ready for testing and writing