

Ginger Chicken and Vegetables

Courtesy of Carole's Creations

Prep Time: 20 minutes

Slow Cook Time: 4-5 or 9-10 hours

Serves: 4

CChints: This is easy and delicious. Besides the prep work at the beginning the only thing that needs to be done is a few things at the very end and you have a yummy dinner.



- 1-1/2 pounds boneless, skinless chicken breast and thighs, cut into 1 inch pieces
- 4 carrots, peels and sliced into ½ inch pieces
- 1/2 cup sliced green onions
- 2 gloves minced garlic, fresh or from a jar
- 14 ounce can reduce sodium chicken broth
- 3 tablespoons reduced sodium, Lite, soy sauce
- optional: ¼ teaspoon crushed red pepper
- 2 teaspoons ginger, freshly minced or ground from a jar
- 1 red bell pepper, cut into thin slips
- 2 cups frozen sugar snap peas, thawed
- 8 ounce can sliced water chestnuts, drained
- 3-1/2 tablespoons cornstarch
- 3 tablespoons cold water
- 4 plus servings of brown or whole grain rice

Use a 4 quart slow cooker and add the chicken through garlic. First, rinse the chicken and cut off any excess fat. Cut the chicken into 1 inch pieces. Wash everything that came in contact with the raw chicken. Add the carrots, onions and garlic. In a mixing bowl combined together the broth through pepper and pour it into the slow cooker.

Cover and cook: Low for 8-10 hours or over high heat for 4-5 hours. There are a few things that need to be done near the end.

During the last 30 minutes turn the temperature to high. Combine in a small bowl the cornstarch and water. Blend until smooth and stir into the broth in the slow cooker. This will help thicken the sauce. This is also the time to add the water chestnuts and green peas and replace the cover.

Prepare the rice according to package directions. Try to time it so that the rice is done when this dish has finished cooking.

Serve the Gingered Chicken over the rice.