Slow Cooker Sweet and Sour Chicken

Ingredients

- ¼ cup cornstarch
- ½ cup apple cider vinegar
- 1 tbsp minced garlic
- ⅓ cup ketchup
- 2 tbsp low sodium soy sauce
- ½ cup brown sugar
- 1 ½ lbs chicken breast, cubed
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- 1 yellow onion, cubed
- 1-2 cups Cooked white rice
- 10 oz canned pineapple chunks ,
  a. (reserve 1/2 cup of the juice)

Directions

1. Make the sauce first. To a small bowl add in the corn starch and apple cider vinegar whisk to combine the ingredients. Now add in the minced garlic, ketchup, soy sauce, brown sugar, and the 1/2 cup of the pineapple juice.

2. Whisk well and add this sauce into your slow cooker with the chicken, bell peppers, and onion stir well. Cook on LOW for 4-5 hours OR HIGH for 3 hours or until the chicken is cooked through. We like to serve this sweet and sour chicken over cooked rice (with lots of the sauce over the top)