



Crockpot Pineapple Chicken
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- 3-4 Chicken Breasts (about 2 lbs)
- 1 can of pineapple in juice (tidbits, chucks, rings, it doesn't matter)
- 1 medium onion
- 2 TBSP soy sauce
- 1/2 cup chicken broth

Directions

1. Chop onion and place in crock pot.
2. Place Chicken Breast on top of onion.
3. Dump the can of pineapple (juice and all) over the chicken.
4. Dump the soy sauce and the chicken broth on top of everything.
5. Cover and cook on HIGH in the crockpot for 4-5 hours or on low for 6-8 hours.
6. Serve over rice and with a steamed veggie.

HINT

Make your own rice bowls.

Cut up chicken after it is cooked. Mix with steamed stir fry veggies. Place both over rice and top with sauce from crock pot! DELICIOUS!