



Crockpot Orange Chicken

Recipe from A Year Of Slowcooking

- 1 1/2 pounds boneless chicken, cut in 2-inch chunks
- 1/2 cup flour (I used Oh My Gluten Free Flour Mix)
- olive oil, for browning the chicken
- dash of salt
- 6 ounces (1/2 can) frozen orange juice concentrate, thawed
- 3 tablespoons brown sugar
- 1 teaspoon balsamic vinegar
- 3 tablespoons ketchup

Directions

Dredge the chicken pieces with the flour, and shake off the excess. Go ahead and throw away any remaining flour, we won't need it.

Heat olive oil in a large skillet on the stove and brown the chicken on all sides. There is no need to fully cook it, just sear it enough for the flour to stick and get a nice coating. Plop the chicken pieces into your slow cooker.

In a small mixing bowl, combine the orange juice concentrate, brown sugar, balsamic vinegar, salt, and ketchup; Taste. If you'd like the chicken to be a bit sweeter, add a touch more sugar. Pour sauce mixture evenly over the chicken, and toss gingerly to coat.

Cover and cook on low for 6 hours or on high for 3. Serve over white or brown rice.

I plan on making a double batch next time so I can use a full can of OJ. There will be plenty for leftovers, or the freezer for dinner another night!