

Slow Cooker Honey Sesame Chicken

Ingredients:

- 2 lbs boneless, skinless chicken breasts or thighs, cut into bite-size chunks
- 1/3 c. chicken broth
- 1 c. honey
- 1/2 c. soy sauce
- 2 T. sesame oil (use canola if you don't have sesame)
- 1/4 cup ketchup
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/4 t. red pepper flakes (optional)
- 1/2 t. ground ginger (optional)
- 1/4 c. cornstarch dissolved in 1/2 c. water
- Sesame seeds

Directions:

Place chicken into [crockpot](#).

Mix together the chicken broth through the red pepper flakes. Pour over the chicken.

Cook on low for 3-4 hours or on high 2– 3 hours, until chicken is cooked through.

Remove the chicken pieces from the crockpot.

Stir the cornstarch/water mixture into the sauce. Cover with lid and cook 10-15 minutes until slightly thickened. Stir to combine with sauce.

Add the chicken to the sauce and stir. Sprinkle with sesame seeds before serving.