

Crock Pot Teriyaki Chicken

INGREDIENTS:

1.5 lb. chicken thighs
1 cup of teriyaki sauce

Vegetables:

1 large red bell pepper, chopped
2 cups snow peas
3 cups broccoli, chopped
½ small yellow onion
2 tsp minced garlic
2 T olive oil
2 tsp sesame oil
Salt and pepper, to taste

Rice:

1 cup of cauliflower rice or rice of your choice cooked

PROCESS:

Place chicken into the crock pot and add teriyaki sauce.
Cover and cook on high for 2-3 hours or on low for 4-6 hours.
Once the chicken is cooked remove from the crock pot and place on a plate. Shred chicken with two forks and add back into the crock pot. Let chicken and sauce simmer.

While chicken is simmering, prepare vegetables.
Preheat the oven to 375 degrees F.
Place all vegetables onto a baking sheet and drizzle with olive oil and sesame oil, toss.
Season with salt and pepper.
Bake in the oven for 15-20 minutes.

To serve: Evenly distribute chicken, vegetables, and rice into bowls and serve immediately or into meal prep containers for the week.

ENJOY!

Adapted from: fitfoodiefinds.com

