

Slow Cooker General Tso Chicken

Gwen
www.SlowCookerKitchen.com

Servings: 10

*1/2 cup cornstarch
1 cup cold water
2 teaspoons garlic, minced
1 1/2 teaspoons ginger, minced
3/4 cup sugar
1/2 cup soy sauce
1/4 cup white wine vinegar
1/4 cup sherry
1 tablespoon chicken-flavored Better Than Bouillon
3 pounds boneless/skinless chicken breasts, cut into large chunks
1/4 cup soy sauce
1 egg, beaten
1 cup cornstarch
2 cups onions (any color), diced
1/4 cup dried hot peppers (or 1/4 cup hot sauce), seeds removed
1/2 to 1 full bunch broccoli, cut into medium florets*

Preparation Time: 20 minutes

Slow Cooker: 2 hours

To make the sauce: In a bowl, mix the water and 1/2 cup of cornstarch (make sure that the water is COLD).

Add the garlic, ginger, sugar, 1/2 cup of soy, vinegar, sherry and bouillon. Mix again.

To prep the meat: In a large bowl, mix 1/4 cup of soy sauce, the egg and the hot sauce (if you want it hot, that is optional). Slowly beat in one cup of cornstarch. Add the peppers, 1/2 of the onions and the chicken. Mix to coat.

In an iron skillet or wok, heat at least one inch of oil to 350 degrees. Spoon the chunks of chicken into the skillet. Fry 2 to 3 minutes. Drain on paper towels.

For the crockpot: Place the drained chicken in the bottom of the crockpot. Shake or stir the sauce well. Pour over the chicken. Stir to coat and push the chicken under the sauce as much as possible.

Cover and cook on HIGH for about two hours (stir after one hour, if possible). Uncover and stir well. (At this point the sauce should be completely thickened. If not, recover and cook in 20 to 25 minute increments until thickened).

When the sauce is thickened, stir in the broccoli and remaining onions. Recover and cook an additional 20 to 25 minutes.

Serve over rice.

If you are not using the sauce immediately, just pour it into a glass container. You may store it in the refrigerator for up to one week.

Per Serving (excluding unknown items): 169 Calories; 1g Fat (3.5% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 1253mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	169
% Calories from Fat:	3.5%
% Calories from Carbohydrates:	89.8%
% Calories from Protein:	6.7%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	21mg
Carbohydrate (g):	37g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	1253mg
Potassium (mg):	162mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	29mg
Vitamin A (i.u.):	937IU
Vitamin A (r.e.):	98RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	8
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 169 Calories from Fat: 6

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 21mg	7%
Sodium 1253mg	52%
Total Carbohydrates 37g	12%
Dietary Fiber 1g	5%
Protein 3g	

Vitamin A	19%
Vitamin C	48%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.