

Super Easy Gluten Free Sweet & Sour Chicken

(in the crockpot)

Ingredients:

Chicken breasts (I used 5)

1 bottle of sweet & sour sauce

salt (sprinkled in)

pepper (sprinkled in)

breadcrumbs (I used gluten free) about 1/2 Cup. You may need a little more.

Extra virgin olive oil (drizzled liberally over each chicken breasts)

Directions:

Turn your slow cooker to low. Spray the pan with non-stick cooking spray. Place five chicken breasts in the crock pot (or however many you need). Sprinkle chicken with salt and pepper. Sprinkle breadcrumbs to thoroughly cover each chicken breast.

Liberally drizzle oil over each piece of chicken. Cook on low for several hours.

After 3-5 hours (for frozen chicken--less for thawed chicken), drain out excess fluid. You can reserve that liquid to use as a rich, heavy chicken broth for future recipes.

Pour the entire bottle of sweet and sour sauce onto the chicken. Then let it cook for one more hour.

That's how I did it. However, if you need to leave it all day and do the draining and the sweet and sour sauce at dinner time, you can do it that way too.