



Slow Cooker Hawaiian Chicken

Ingredients

3 lbs. boneless chicken thighs
1 cup chopped onion
2 Tbsp. butter
1/4 cup flour
2 cup pineapple juice
1/2 cup brown sugar
3/4 cup ketchup
1 Tbsp. soy sauce
4 garlic cloves minced
1 1/2 tsp. Worcestershire sauce
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. onion powder
1/2 tsp. ginger

Instructions

Combine pineapple juice, brown sugar, ketchup, soy sauce, garlic, Worcestershire sauce, and spices in a large measuring cup or mixing bowl. Mix until all ingredients are incorporated, then set aside.

Heat 2 Tbsp. butter in a large skillet over medium-high heat.

Add chopped onion and saute until onion begins to brown.

Stir in 1/4 c. flour.

Pour pineapple juice mixture into skillet and boil, stirring, 10-15 minutes or until sauce is thick.

Place chicken in slow cooker and cover with sauce.

Cook on low 5-6 hours or until done (slow cooker cook times may vary).