

Slow Cooker Mongolian Chicken



- 3/4 cup packed brown sugar
- 1/4 cup reduced sodium soy sauce
- 1/4 cup water
- 1/2 teaspoon ground cayenne pepper
- 1/4 teaspoon ground ginger
- 6 to 8 garlic cloves, minced
- 6 large chicken thighs
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- 3 to 4 green onions, sliced

In the bottom of a 6 to 7 quart slow cooker, combine brown sugar, soy sauce, water, cayenne pepper, ginger, and garlic. Stir to combine. Place chicken thighs into liquid mixture, skin side down. Cook on high for 2 hours. Flip thighs. Cook on high for an additional hour. Reduce heat to low and cook for an additional 1 to 2 hours.

Return heat to high. Combine cornstarch and cold water, mix well. Add cornstarch mixture to chicken. Cook for 15 minutes. Add green onions and cook for an additional 15 minutes. Serve with chicken-flavored white rice, if desired.

Serves 4 to 6

Cook's Note: Reduce ingredient amounts if using a smaller sized slow cooker.