

HAWAIIAN CHICKEN

RECIPE FROM: Making Our Marx
COOK TIME: 6-7 hours on LOW
SERVES: 4-6

INGREDIENTS

- 2-3 chicken breasts
- ½ cup white sugar
- ½ cup vinegar
- 3 garlic cloves, minced
- 2 Tbsp soy sauce
- ½ cup canned pineapple juice

DIRECTIONS

1. Combine ingredients and place in a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw in fridge overnight.
4. Empty freezer-bag contents into a slow cooker and cook on LOW for 6-7 hours.

OPTIONAL: Shred chicken, return to juices, and serve over rice.