

Slow Cooker Cashew Chicken

Although there is little sauce, this mild dish cooks in its own juices! Lots of vegetables make it a colorful treat...serve over rice or noodles...perfect for a lunar new year, or any time! If you prefer peanuts, use the lightly salted kind!

Ingredients

1 can (10.75oz) cream of mushroom soup, *undiluted*
4 tablespoons soy sauce
2 tablespoons olive oil
fresh ground pepper, *to taste*
4-6 boneless skinless chicken breasts, *diced*
1 cup fresh sliced mushrooms, *cleaned and chopped*
1 1/2 cups cashew halves
1/2 cup celery, *chopped*
1/2 cup carrots, *chopped*
1/2 of a red pepper, *seeded and chopped*
1/4 cup green onions, *chopped*
30 snow pea pods, *washed and trimmed*
1 can (8oz) bamboo shoots, *drained, about 3/4 cup*

hot cooked rice or noodles
a few green onion slices, *for garnish*
soy sauce and more ground pepper, *for serving*

In a large, lined slow cooker, combine cream of mushroom soup, soy sauce, olive oil, and pepper; mix well. Add the chicken pieces, mushrooms, cashews, celery, carrots, red pepper, green onions, snow pea pods, and bamboo shoots. Mixture may seem dry, but as the vegetables cook, there will be more liquid. Cover and cook on LOW for 6-7 hours or on HIGH 4-6 hours stirring well occasionally. Rectify seasonings. Serve hot over rice or noodles. Garnish with green onion slices and extra soy sauce, if desired.

Serves: 4



Erik's Tip:

If you can not find snow pea pods in the produce section of your grocery store, substitute with large green beans...the large Italian kind, or regular green beans if you like. Use the whole can, drained, there will be plenty of room in the slow cooker!