

## Slow Cooker Honey Teriyaki Chicken

Stealth Health Slow Cooker Meal Prep Series, Episode 15

Per 4oz serving (makes 12)

175 Calories

23g Protein

10g Carbs

5g Fat

### Ingredients:

48oz boneless skinless chicken thighs

5 tablespoons soy sauce (75g)

2 tablespoons dark soy sauce (30g)

4 tablespoons honey (80g)

4 tablespoons mirin (60g)

2 tablespoons minced ginger

1 tablespoon minced garlic

3 tablespoons cornstarch (24g) mixed with  
4 tablespoons (60ml) cold water

High: 4-5 hours

OR

Low: 5+ on low

