

Teriyaki Chicken

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Serves 6

6 chicken breasts, any fat and skin removed
2 cups *Veri Veri Teriyaki Sauce

Place chicken and sauce in the slow cooker and cook on high for 4-6 hours. Once chicken is cooked, take 2 forks and shred chicken while it's in the slow cooker. Serve over rice and with your favorite veggie.

I use frozen chicken breasts and place them in the slow cooker and cook them on high 6 hours. Once they are cooked, I remove each chicken breast and cut off any fat or skin. It's easier this way rather than trying to cut it off while it's frozen. Place it back in the sauce and then shred.

*Veri Veri Teriyaki is made by a company [Soy Vay](#) and I absolutely LOVE this. It make for the perfect for every type of meat. It can be found in the Asian isle of your market. Trader Joe's also makes a very comparable version called Soyaki.