

Slow Cooker Bourbon Chicken Recipe

(Adapted from [Fake Ginger](#))

- 4 boneless, skinless chicken breasts
- 1/2 teaspoon minced garlic
- 1/4 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup apple juice
- 1/4 cup light brown sugar
- 2 Tablespoons ketchup
- 1 Tablespoon apple cider vinegar
- 1/2 cup water
- 1/3 cup low sodium soy sauce
- 1/4 cup cornstarch

Place chicken breasts in the bottom of slow cooker. In a medium sized mixing bowl, combine garlic, ginger, red pepper flakes, apple juice, brown sugar, ketchup, apple cider vinegar, water and soy sauce. Pour sauce on top of chicken. Replace lid and cook 6-8 hours on low.

Remove chicken and shred or cut into chunks. In a small bowl, mix together 1/4 cup cornstarch with 1/4 cup of sauce from the crock pot. Whisk together and pour back into the crock pot to thicken the sauce. Return chicken to the slow cooker and let warm until ready to serve. Serve over rice and garnish with additional red pepper flakes.