



Sweet & Sour Chicken

adapted from a recipe from Shannon Zaugg (who always has good recipes)

[Recipe from: Cooking With My Food Storage](#)

1 /4 tsp. lemon, garlic or plain pepper

1/2 c. ketchup

2 Tbsp. Mustard

1 /4 c. cider vinegar

1/2 c. maple syrup

4-5 chicken breasts

¼ cup freeze dried onions (don't rehydrate)

Combine all ingredients in heavy duty zip lock bag. Remove excess air from the bag and seal.

Double check that the back is sealed completely. “Smush” sealed bag, mixing ingredients.

Store uncooked: In the fridge--1 week , Frozen 3 months.

To Bake: Fresh or defrosted

Place in a large casserole dish. Bake for 1 hour @ 350* uncovered. Test chicken for doneness using a thermometer. The temperature at the thickest part of the chicken should read. 165 degrees Fahrenheit. Remove from the oven. Serve over rice or potatoes.

In the Crock Pot: place contents of the zip lock bag in the crock pot. Cook on high for 4-6 hours on high. Do not open the lid of the crock pot until you are ready to check for doneness.

Test chicken for doneness using a thermometer. The temperature at the thickest part of the chicken should read 165 degrees Fahrenheit. Serve over rice.