

Chicken Teriyaki

2 lbs chicken (I used individually frozen tenders)

1 ½ large cans pineapple tidbits (with juice)

½ bag of baby carrots

Sauce: 1 c. teriyaki sauce ¼ c. soy sauce

Divide ingredients into bags, then mix together sauce and divide it among the bags.

Instructions for bags: Add 2 c. water (1 c for quart) Cook on low 6-8 hours or high 3-4 hours