

Sweet & sour Chicken

2# chicken (I used individually frozen tenders)

3 large cans of pineapple chunks (with juice)

3 green peppers-chopped

1 bag of baby carrots 2 onions-sliced

Sauce: $\frac{1}{2}$ c cornstarch $3 \frac{1}{2}$ c water $1 \frac{1}{2}$ c sugar 1 c vinegar

Chop veggies then divide into bags with chicken. (I made 2 gallon family sizes) Add all the juice with the pineapple into the bags. Mix up sauce, then divide it between the bags.

Instructions to write on the bag:

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