

Slow Cooker Adobo Chicken

Adapted from allrecipes.com

Ingredients:

Prep: 30 minutes Cook: 8 hours

Serves: 6

1 small sweet onion, sliced
8 cloves garlic, crushed (can use garlic powder or granulated garlic)
1/3 cup low sodium soy sauce
1/4 cup red or white vinegar
1 Tablespoon brown sugar
10-12 whole black peppercorns
1 (3 pound) whole chicken cut into pieces
1 cup water

Directions:

1. Place chicken in a slow cooker. In a small bowl mix the onion, garlic, soy sauce, vinegar, peppercorns and water and pour over the chicken.
2. Cook on low for 6 to 8 hours.
3. Serve over rice.

Tips and Facts:

- ✓ Prep your ingredients the night before so you just need to add ingredients and turn on slow cooker in the morning
- ✓ Most slow cooker recipes work best in a 5 to 6 quart size.
- ✓ Don't fill slow cooker more that 2/3 full

Nutrition Facts (per serving):

Calories: 254 cal
Total Fat: 14.7 g
Protein: 23 g
Fiber: .5 g
Cholesterol: 5.3mg
Sodium: 595 mg



Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
onion	1.29	.65
garlic	.50/head	.15
Low sodium soy sauce	\$3.79/15 oz.	.40
vinegar	\$2.19/32 oz.	.14
peppercorns	\$3.69	.16
Whole chicken	\$6.71	6.71
TOTAL	\$18.17	\$8.21
		Cost per Serving: \$1.36