

# **CROCK POT HAWAIIN CHICKEN**

## **Ingredients:**

- 1 cup pineapple juice (8 oz.)
- ½ cup brown sugar packed in real good
- 1 large can pineapple chunks (20 oz.)
- 2 lbs chicken breast tenders or skinless breasts
- 1/3 cup soy sauce
- 2 Tbsp. Lemon juice or the juice of ½ lemon
- 1 can mandarin oranges

## **Directions:**

1. Mix juice, brown sugar, fruit, soy sauce and lemon juice until blended, not smooth, just mixed.
2. Place chicken in crock pot, cover with your mix and cook on low for 6 hours. Check to make sure it is done. Should be fork tender. Eat with a salad, cole slaw, as a sandwich filling or a topping for a baked potato.

***ALOHA TUMMY! Yeah, Ono Brah!***