

Slow Cooker Polynesian Chicken

Ingredients:

4 boneless chicken breasts
1 (20 oz) pkg. frozen pepper and onion blend
1 (20 oz) can pineapple chunks, drained
1 (10.5 oz) can diced tomatoes, drained
2 T. extra virgin olive oil
1/4 c. brown sugar

Directions:

Cut chicken into bite-sized pieces. Heat olive oil in a skillet. Add chicken and sauté over medium heat for 10 minutes. Remove chicken from skillet and place in the slow cooker insert.

Add the remaining ingredients. (Be sure to drain the pineapple and tomatoes).

Cook on low for 6 hours or on high for 3 hours.

Serve over rice.