

Asian Chicken Lettuce Wraps

TIME SERVINGS COST

INGREDIENTS

- 1/4 cup hoisin sauce
- 1/4 cup reduced-sodium soy sauce
- 2 tbsp rice vinegar
- 2tsp sesame oil
- 1 tbsp extra-virgin olive oil
- 2 lbs ground chicken breast
- 1 small bunch green onions, thinly sliced
- 2 cloves garlic, minced
- 8 oz mushrooms, finely chopped
- 1 1/2 cup grated carrots
- 2 cans water chestnuts, drained and finely chopped
- 2 heads butter lettuce



Adapted from: wellplated.com



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PROCEDURE

1. Lightly coat a 5-quart or larger slow cooker with nonstick spray. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
2. Heat the olive oil in a large skillet over medium high. Add the chicken and brown the meat, breaking it into small pieces. Stir in the green onions, ginger, and garlic. Cook 30 additional seconds.
3. Transfer the meat mixture to the slow cooker. Stir in the chopped mushrooms, carrots, red pepper flakes, and sauce. Cover and cook on LOW for 2 to 3 hours until the mixture is thickened and the chicken is ultra tender. Stir in water chestnuts and the rest of the green onions.
4. Serve by scooping into the center of lettuce leaves.



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