

Chinese Chicken and Broccoli Crockpot Freezer Meal

Yield: 4 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-and-broccoli-crockpot-recipe>

Ingredients:

- 2 pounds boneless skinless chicken breasts fresh or frozen
- 1 can chicken broth
- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 tablespoon minced garlic
- 1 tablespoon sesame oil
- 2 tablespoons cornstarch
- 1 bag frozen broccoli florets or 2 cups fresh broccoli
- 2 cups brown rice or white

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 58 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2090 milligrams
9. Sugar: 12 grams

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