

# *Apricot Chicken*

**Yield:** 4-6 people

**Prep time:** 30 min

**Total time:** 4.5 hours

## *Ingredients*

1 L Apricot Nectar.  
Handful of Diced Apricots.  
1 teaspoon Garlic Powder.  
1 teaspoon Onion Powder.  
1 tablespoon Chicken Stock  
Concentrate. (either  
homemade or bought.)  
1 kg of Diced Chicken Breast or  
thigh fillets.

## *Directions*

1. Combine Garlic Powder, Onion Powder and Stock concentrate with the Apricot Nectar, add the dried Apricot pieces. Place in Slow Cooker bowl.
2. Add the diced Chicken pieces. Cook on Auto setting for a minimum of 4 hours on high. Season to taste with salt & pepper. (if too sweet add a teaspoon of Apple Cider vinegar at a time until it suits your taste! I found 2 teaspoons of vinegar were sufficient.)
3. Serve with cooked rice and green beans or broccoli.

## *Special Directions or Diet Information*

This is a **Low fodmap** recipe. If there is no dietary requirements the garlic and onion powders can be substituted with 1 clove garlic (or 1 teaspoon minced) and a diced brown onion.

The Garlic, Onion & Stock replace the packet of French Onion Soup of other well known Apricot chicken recipes.

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