

Brown Sugar /Pineapple Chicken

2 c rice

4 c water

½ c brown sugar

2 boneless skinless chicken breast

12 oz pineapple cut into small pieces

1 small onion

½ tsp garlic

Add brown sugar, water, and rice to slow cooker or crock-pot and allow to simmer until done time depends on method.

Cut chicken into 1 inch pieces/ cook with garlic and sliced onion in sauce pan. When chicken is fully cooked add pineapple for about 2 minutes.

Combine with rice and serve.