

Adventures in Slow Cooking

Asian Chicken Lettuce Wraps

Ingredients:

2 lbs ground chicken (not ground chicken breast)
3 cloves garlic, minced or pressed
1 red bell pepper, cored and finely chopped
½ cup yellow onion, finely chopped
½ cup hoisin sauce
2 Tbsp soy sauce
1 Tbsp grated fresh ginger
Salt and freshly ground black pepper
1 8 oz can sliced water chestnuts, drained and rinsed
1 ½ cups cooked white or brown rice
3 green onions, sliced
1 Tbsp rice vinegar
1 ½ tsp sesame oil (optional)
2 heads Bibb, Iceberg or Romaine lettuce

Method:

1. In a sauté pan, cook ground chicken on low heat just until it is no longer pink.
Or—in a large microwave safe bowl, microwave ground chicken stirring occasionally, until it is no longer pink, about 5-6 minutes.
Drain off liquid and place chicken into slow cooker insert.
2. Add bell pepper, onion, garlic, hoisin sauce, soy sauce, ginger, ½ tsp salt and ½ tsp pepper to slow cooker and toss with the chicken mixture. Cover and cook on low, 2-3 hours, until the chicken is tender.
3. Stir in water chestnuts, *cooked rice, green onions, rice vinegar and sesame oil, and cook until heated through, 3-5 minutes. Season with additional salt as needed. Separate lettuce leaves and serve with the chicken filling.

Note: Ground turkey may be substituted for ground chicken, but not ground turkey breast.

*Cooked rice may be served on the side.

Adapted from America's Test Kitchen Slow Cooker Revolution Vol. 2.