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Description

Tender chicken breast chunks simmer low and slow in a rich, savory-sweet garlic-soy sauce before being tossed with crunchy toasted cashews. This set-it-and-forget-it meal delivers rich takeout-style flavors with a silky texture while keeping your menu naturally high-protein and low-carb. It is an ideal dish for busy weeknights when you want maximum comfort with zero fuss.

Can This Slow Cooker Cashew Chicken Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging a lean protein base of chicken breast, which promotes satiety and keeps you feeling full longer. The balanced ratio of healthy fats from cashews alongside minimal added sugars helps maintain steady energy without triggering sharp blood sugar spikes.

Does Slow Cooker Cashew Chicken Fit a High Protein Lifestyle?

Slow Cooker Cashew Chicken fits seamlessly into a high-protein lifestyle because every serving delivers over 35 grams of quality protein from lean chicken breast and nutrient-dense

cashews. By using tamari or coconut aminos instead of sugary heavy glazes, the net carb count stays low without sacrificing flavor. It pairs effortlessly with low-carb sides like cauliflower rice or steamed broccoli to keep your daily macro targets completely intact.

My Personal Experience

- Effortless Meal Prep Solution:

  Prep takes under 15 minutes, allowing the slow cooker to do all the heavy lifting while filling the house with an incredible savory aroma.

- Textural perfection:

  Adding toasted cashews right before serving preserves their delightful crunch against the tender, melt-in-your-mouth chicken bites.

Perfect For:

Ideal for weeknight family dinners, meal prep containers, high-protein low-carb lunches, healthy keto-friendly diet plans, and comforting cozy weekend gatherings.

Why You’ll Love This Recipe:

- Melt-in-Your-Mouth Tenderness:

  Slow cooking allows the lean chicken to absorb the garlic-ginger marinade deeply while remaining completely juicy and soft.

- Nutritional Balance:

  High in lean protein and essential healthy fats, it satisfies takeout cravings while keeping carb counts minimal.

- Minimal Clean-Up:

Everything simmers together in a single crockpot vessel, saving you valuable time in the kitchen after dinner.

Common Mistakes to Avoid:

1. Adding cashews too early: Stirring nuts in at the start makes them soggy; always add them in the final 10–15 minutes of cooking.

2. Overcooking chicken breast: Leaving lean breast meat on high for over 4 hours dries it out; stick to low heat for 3–4 hours for optimal moisture.

3. Skipping the cornstarch/arrowroot slurry: Adding the thickener at the end ensures a glossy, clingy sauce rather than a watery broth.

4. Using sweetened cashews: Always select raw or dry-roasted unsalted cashews to control sodium and sugar levels accurately.

Required Equipment:

- 6-Quart Slow Cooker — Provides even heating and ample room for the chicken to cook uniformly.

- Non-Stick Skillet — Allows quick toasting of cashews to unleash their rich, nutty aroma.

- Measuring Cups & Spoons — Ensures precise measurement of sauce ingredients for balanced low-carb macros.

- Whisk — Quickly dissolves cornstarch into liquid to eliminate lumps before thickening sauce.

Storage Instructions:

Store cooled leftovers in an airtight glass container in the refrigerator for up to 4 days. For long-term storage, freeze portioned chicken and sauce in freezer-safe containers for up to 2

months (keep extra cashews separate to retain crunch upon thawing). Reheat gently on the stove or in the microwave with a splash of water to preserve moisture and protein integrity.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 3 hours 30 minutes
- Total Time: 3 hours 45 minutes
- Servings: 4
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~380 kcal *(approximate estimate)*

A slow-cooked, low-carb take on a classic Asian restaurant staple.

Lean chicken breasts absorb a savory garlic-ginger sauce before being crowned with crunchy cashews.

Perfect for high-protein meal planning without compromising on bold, comforting flavor.

 Ingredients:

- 2 lbs (900g) boneless, skinless chicken breasts, cut into 1-inch bite-sized pieces
- ½ cup low-sodium tamari or soy sauce *(use coconut aminos for strict keto/paleo)*
- 2 tbsp rice vinegar
- 2 tbsp tomato paste
- 1 tbsp olive oil or sesame oil

- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1 tbsp arrowroot powder or cornstarch *(mixed with 2 tbsp cold water for slurry)*
- ¾ cup raw or dry-roasted unsalted cashews *(toast lightly for maximum flavor)*
- 2 green onions, sliced *(for garnish)*
- ½ tsp red pepper flakes *(optional, for subtle heat)*

Directions:

1. Prepare the Base: Place the diced chicken breast pieces into the bottom of the slow cooker insert.
2. Whisk the Sauce: In a medium bowl, whisk together low-sodium tamari, rice vinegar, tomato paste, oil, minced garlic, ginger, and optional red pepper flakes until smooth.
3. Slow Cook: Pour the sauce evenly over the chicken, cover with the lid, and cook on LOW heat for 3 to 4 hours (or HIGH for 1.5 to 2 hours) until chicken reaches an internal temperature of 165°F (74°C) and is fork-tender.
4. Thicken Sauce: 20 minutes before serving, whisk arrowroot/cornstarch with cold water, stir into the bubbling cooker, cover, and let thicken on HIGH heat for 15 minutes until glossy.
5. Add Cashews & Serve: Toast cashews in a dry skillet over medium heat for 2 minutes until golden, stir ¾ into the slow cooker, top with green onions and remaining cashews, and serve immediately over cauliflower rice.

Nutrition Facts (Per Serving – Approximate):

- Calories: 380 kcal
- Fats: 14 g
- Cholesterol: 95 mg
- Sodium: 680 mg
- Potassium: 620 mg
- Total Carbohydrates: 11 g
- Fiber: 2 g
- Net Carbs: 9 g
- Sugars: 3 g
- Protein: 51 g
- Calcium: 45 mg

Notes:

- Storage & Reheating: Store in airtight containers for up to 4 days; reheat in a pan over medium-low heat with a tablespoon of water.
- Allergy Swap: Swap cashews for roasted sunflower seeds or pumpkin seeds if dealing with nut allergies.
- Flavor Boost: Add a drizzle of toasted sesame oil and sriracha just before serving for an elevated spicy dimension.