

## Slow Cooker Brown Sugar Pineapple Chicken: Easy & Sweet-Savory Dinner

Slow Cooker Brown Sugar Pineapple Chicken



**TEMP**  
**165°F**

**METHOD**  
**Slow cooker**

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### INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5-2 lbs total)

1 cup pineapple juice

1 cup canned pineapple chunks, drained

1/2 cup brown sugar (packed)

1/3 cup soy sauce

1 tablespoon minced garlic

1 teaspoon freshly grated ginger (optional, but highly recommended)

Salt and pepper to taste

Green onions and sesame seeds for garnish (optional)

Swaps and Notes:

**Chicken Breasts:** Boneless, skinless chicken thighs can be used for an even juicier result. They also hold up well to slow cooking.

**Pineapple Chunks:** Canned pineapple chunks are convenient. You can also use fresh pineapple, but it might break down a bit more during cooking.

**Brown Sugar:** Packed light brown sugar is ideal for its moisture and flavor. Dark brown sugar can be used for a deeper molasses taste.

**Soy Sauce:** Use regular or low-sodium soy sauce. Tamari is a great gluten-free alternative.

**Garlic:** Freshly minced garlic provides the best aromatic punch.

**Freshly Grated Ginger:** This is optional but highly recommended! Fresh ginger adds a vibrant, zesty

warmth that truly elevates the dish. If you don't have fresh, about 1/2 teaspoon of ground ginger can be substituted.

Salt and Pepper: Adjust to taste, keeping in mind that soy sauce is already salty.

Garnishes: Green onions and sesame seeds add freshness, color, and a nutty crunch.

## DIRECTIONS

1. Let your slow cooker do all the hard work for this amazing chicken!
2. Prepare the : Sauce: In a medium bowl, combine the pineapple juice, brown sugar (make sure it's packed), soy sauce, minced garlic, and freshly grated ginger (if using). Stir well with a whisk until the brown sugar is completely dissolved and all the ingredients are thoroughly combined.
3. Arrange the : Chicken: Place the boneless, skinless chicken breasts in the bottom of your slow cooker. Sprinkle both sides of the chicken breasts lightly with salt and pepper.
4. Add : Pineapple and Sauce: Pour the drained canned pineapple chunks evenly over the chicken breasts in the slow cooker. Then, carefully and evenly pour the prepared sauce mixture over everything, ensuring the chicken is mostly submerged.
5. Cook the : Chicken: Cover the slow cooker with its lid. Cook on low for 4-6 hours or on high for 2-3 hours. The chicken is ready when it is tender enough to shred easily with a fork and reaches an internal temperature of at least 165°F (74°C). Cooking time can vary depending on your slow cooker and the thickness of your chicken breasts.
6. Serve: Once the chicken is cooked through and incredibly tender, carefully remove the chicken breasts from the slow cooker and set them aside on a cutting board or platter. Optional Sauce Thickening: If you prefer a thicker sauce, you can transfer the sauce from the slow cooker to a small saucepan. Bring it to a simmer on medium heat and let it reduce slightly, stirring occasionally, until it reaches your

desired consistency.

7. Serve the chicken (whole, sliced, or shredded) with the thickened sauce drizzled generously over the top. Garnish with chopped green onions and a sprinkle of sesame seeds if desired for extra freshness and flavor.

## SWAPS & NOTES

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They also hold up well to slow cooking.

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## TIPS FOR SUCCESS

**Don't Overcook Chicken:** While slow cookers are forgiving, chicken breasts can still dry out if overcooked significantly.

Check for tenderness and temperature.

**Packed Brown Sugar:** Make sure to really pack that brown sugar into your measuring cup to ensure the correct sweetness and thickness for the sauce.

**Fresh Ginger:** If possible, use fresh grated ginger over ground ginger for a brighter, more pungent flavor.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/slow-cooker-brown-sugar-pineapple-chicken-easy-sweet-savory-dinner/>