

Slow-Cooked Hawaiian Chicken: The Sweet and Savory Crockpot Dinner Everyone Loves

Here is what you will need to make Slow-Cooked Hawaiian Chicken:



TIME

15 to 20 min

METHOD

Slow cooker

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INGREDIENTS

2 pounds boneless, skinless chicken breasts or thighs
1 cup pineapple chunks, with a little juice
3/4 cup barbecue sauce
1/4 cup soy sauce
1/4 cup brown sugar
2 cloves garlic, minced
1 teaspoon grated fresh ginger or 1/2 teaspoon ground ginger
1 red bell pepper, sliced
1 small onion, sliced
1 tablespoon cornstarch
2 tablespoons water
Sliced green onions, for garnish
Cooked rice, for serving

DIRECTIONS

1. Add everything to the slow cooker: Place the chicken in the bottom of the slow cooker. Add the pineapple chunks, barbecue sauce, soy sauce, brown sugar, garlic, ginger, sliced bell pepper, and sliced onion. Stir gently around the chicken so everything is evenly distributed.
2. Cook low and slow: Cover and cook on low for 5 to 6 hours or on high for 2 1/2 to 3 1/2 hours, until the chicken is fully cooked and tender.
3. Shred or slice the chicken: Once cooked, remove the chicken from the slow cooker. Shred it with two forks or slice it into chunks, depending on how you want to serve it.
4. Thicken the sauce: In a small bowl, whisk together the cornstarch and water to make a slurry. Stir it into the sauce in the slow cooker. Return the chicken to the pot and cook for another 15 to 20 minutes on high, until the sauce thickens slightly.
5. Serve and garnish: Spoon the Hawaiian chicken over cooked rice and top with sliced green onions. Serve warm with extra sauce from the slow cooker.

SWAPS & NOTES

Chicken thighs are especially good in this recipe because they stay juicy and tender during a long cook time, but chicken breasts work well too if you prefer a leaner option.

If using breasts, be careful not to overcook them on high.

Barbecue sauce gives the dish richness and body, while pineapple brings the tropical sweetness.

If you want a less smoky flavor, you can swap some of the barbecue sauce for ketchup or use a sweeter variety of sauce.

TIPS FOR SUCCESS

The easiest way to keep this recipe tasting balanced is to use a barbecue sauce you already know you like.

Since it forms the backbone of the sauce, a sweeter sauce will lean more tropical while a smoky one creates a deeper, richer flavor.

Do not skip thickening the sauce at the end if you want that glossy, spoon-coating finish.

The cornstarch slurry helps transform the cooking liquid into something that clings beautifully to the chicken and rice.

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

Original recipe: <https://chefmaniac.com/slow-cooked-hawaiian-chicken-the-sweet-and-savory-crockpot-dinner-everyone-loves/>