

5-Minute Yummy Chicken

Recipe By Chef Herschel Arnow



Cooking and Prep:  55
m

Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Diet: Low Fat, Low Carb

Source: Aish.com

This super-easy recipe will give you the “That’s-great-can-I-have-the-recipe” response – and it takes almost no time to prepare. For those nights when you have absolutely no time to spare in the kitchen, pair this chicken with [Quickie String Beans](#).

Ingredients (8)

5-Minute Yummy Chicken

- 1 chicken, cut into eighths
- 1 onion, cut into 1/4-inch slices
- 1 clove garlic, chopped fine or garlic powder or 1 cube [Gefen Frozen Garlic](#)
- 1/2 cup [Heaven & Earth Ketchup](#)
- 1/2 cup brown sugar
- 1 tablespoon [Gefen Soy Sauce](#)
- salt, to taste

pepper, to taste

Start Cooking

Make the Chicken

1. Sauté onions with garlic until translucent. Add brown sugar, ketchup, and soy sauce and simmer until sugar melts.
2. Spread this mixture over chicken. Roast in hot oven (400 degrees Fahrenheit) for about 45 minutes.

About

[Aish.com](https://www.ish.com) is a leading Jewish content website with over 10,000 articles exploring Jewish wisdom on parenting, spirituality, current issues, Israel, holidays and the weekly Torah portion.