

Teriyaki Chicken Recipe

Ingredients

6 or 8 pack Chicken Thigh Filets

1 Cup soy sauce

1 Cup sugar

1 tsp ginger

1 Tbsp garlic

¼ Cup oil (optional ~ usually left out)

Cooking Directions

Place the chicken in a 9 x 9 dish. If using a 9 x 13 dish, double the recipe. Soak the chicken for 8 hours, then turn the chicken over for another 8 hours. Bake the chicken in the juices at 400° for 50 ~ 60 minutes.