

Crock Pot Honey Garlic Chicken

Servings: 4-6

Prep Time: 5 minutes

Cook Time: 3 hours

Ingredients

- 6 boneless, skinless chicken thighs
- 2 tbsp of minced garlic
- 1/3 cup of honey
- ½ cup of low sodium ketchup
- ½ cup low sodium soy sauce
- 1 tbsp of Italian seasoning

Instructions

- Arrange chicken thighs on the bottom of your slow cooker; set aside. (please look at the notes section)
- In a mixing bowl, combine garlic, honey, ketchup, soy sauce, and seasoning; whisk until thoroughly combined.
- Pour the sauce over the chicken thighs. Close with a lid and cook for 3 on HIGH or until the chicken is tender and “flakes”
- Remove lid and transfer chicken to a serving plate.
- Spoon the sauce over the chicken and sprinkle with toasted sesame seeds. Serve.

Serve with rice and/or broccoli.