

Crock Pot Honey Garlic Chicken

★★★★★
4.75 from 118 votes

7 7 7 WW Freestyle: 8

Prep Time	Cook Time	Total Time
5 mins	5 hrs	5 hrs 5 mins

You'll love this easy crock pot recipe for chicken thighs cooked in honey garlic sauce. Only 5 ingredients + a couple seasonings. Super easy chicken recipe!

Course: Dinner Cuisine: Asian Servings: 6 Calories: 227 Author: Katerina | Diethood

Ingredients

- 6 boneless , skinless chicken thighs*
- 4 garlic cloves , minced
- 1/3 cup honey
- 1/2 cup low sodium ketchup
- 1/2 cup low sodium soy sauce
- 1/2 teaspoon dried oregano
- 2 tablespoons fresh parsley
- 1/2 tablespoon toasted sesame seeds

Instructions

1. Arrange chicken thighs on the bottom of your slow cooker; set aside. (please look at the notes section)
2. In a mixing bowl, combine garlic, honey, ketchup, soy sauce, oregano and parsley; whisk until thoroughly combined.
3. Pour the sauce over the chicken thighs. Close with a lid and cook for 4 to 5 hours on LOW, or 3 to 4 hours on HIGH.** (please look at the notes section)
4. Remove lid and transfer chicken to a serving plate.
5. Spoon the sauce over the chicken and sprinkle with toasted sesame seeds. Serve.

Notes

*Use enough chicken thighs (bone-in or boneless, skin-on or without) to cover the bottom of your slow cooker. You can also use chicken breasts.

**All crock pots cook at different times and temperatures. Some readers suggest to only cook the chicken for 3 hours, while others said it took 4 hours in their crock pot. More importantly, 165 degrees Fahrenheit is the safe internal temperature for both the white meat of the chicken and dark meat.

- If you would like to thicken the sauce, 30 minutes before the chicken is done, whisk a cornstarch slurry into the sauce; cover and continue to cook.

How to make a Cornstarch Slurry

- Use 1 tablespoon **cornstarch** mixed with 1 tablespoon cold water; mix it together until mixture forms a paste.
- 30 minutes before the chicken is done cooking, whisk the cornstarch slurry into the sauce inside the slow cooker; cover and continue to cook for 30 minutes.

Nutrition Facts	
Crock Pot Honey Garlic Chicken	
Amount Per Serving	
Calories 227	Calories from Fat 27
% Daily Value*	
Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 72mg	24%
Sodium 1022mg	43%
Potassium 544mg	16%
Carbohydrates 23g	8%
Fiber 0g	0%
Sugar 20g	22%
Protein 25g	50%
Vitamin A 250IU	5%
Vitamin C 4.5mg	5%
Calcium 27mg	3%
Iron 1.3mg	7%
* Percent Daily Values are based on a 2000 calorie diet.	

Keywords: chicken dinner, crock pot recipes, crock pot recipes with chicken, instant pot chicken thighs recipe, keto chicken recipes, keto dinner idea