

# Slow Cooker Honey Garlic Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 1 tbsps Garlic Chili Sauce/Sriracha (optional, use more or less to taste)
- 3 Garlic (cloves, minced)
- 1 tbsps Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 lbs Chicken Thighs (skinless, boneless)

## DIRECTIONS

- 01 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 02 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 03 About 15 minutes before serving, shred the chicken in the slow cooker then add the chili garlic sauce. Start off with 1-2 tsp and mix well. Taste, and add more if you'd like more. Let it cook 10-15 minutes more for flavors to blend.
- 04 Mix well before serving. Serve chicken thighs with cauliflower rice and steamed broccoli. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken wings, drumsticks or breasts.

### NO SLOW COOKER

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

### SERVING SUGGESTIONS:

Serve with rice, cauliflower rice or quinoa, alongside steamed broccoli or roasted green beans.