

Foodnity Recipes

Crock Pot Marry Me Chicken

10 min Prep time	**5 h** Cook time	**5 h 10 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts
- [ ] 1/3 cup honey
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp dried thyme
- [ ] 1/4 tsp black pepper

For Serving

- [ ] Steamed rice or mashed potatoes
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Place the chicken breasts in the crock pot, spreading them out evenly.
2. In a bowl, whisk together honey, soy sauce, minced garlic, lemon juice, thyme, and pepper; pour over the chicken.
3. Cover and cook on low for 4-6 hours, or until the chicken is tender and easily shreds.
4. Stir the sauce gently; if it's too thin, let it simmer uncovered on low for the last 30 minutes or thicken with a cornstarch slurry.
5. Serve the chicken over rice or potatoes, spooning extra glaze on top and sprinkling parsley if desired.

Nutrition per serving

320 kcal	35 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a touch of spice, add a pinch of red pepper flakes to the glaze.
- For a richer flavor, use dark honey instead of light.
- Make sure the chicken is fully submerged in the sauce for even cooking.