

Foodnity Recipes

Crockpot Teriyaki Chicken – Dump & Go

10 min Prep time	**6 h** Cook time	**6 h 10 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 4 skinless boneless chicken thighs
- [ ] 1/2 cup low-sodium soy sauce
- [ ] 1/4 cup honey
- [ ] 2 tbsp rice vinegar
- [ ] 3 garlic cloves, minced
- [ ] 2 tsp fresh ginger, grated
- [ ] 1 tbsp sesame oil
- [ ] 1 tsp toasted sesame seeds (optional)
- [ ] 2 green onions, sliced (optional)

Instructions

1. Place the chicken thighs in the bottom of the crockpot, spreading them evenly.
2. In a bowl, whisk together soy sauce, honey, rice vinegar, garlic, ginger, and sesame oil; pour over the chicken.
3. Cover and cook on low for 6 hours, or on high for 3 hours, until the chicken is fork-tender.
4. If you like a thicker glaze, mix 1 tsp cornstarch with 2 tsp water and stir into the sauce 15 minutes before the end; let it thicken.
5. Serve the chicken over steamed rice, drizzle with the remaining sauce, and garnish with sesame seeds and green onions.

Nutrition per serving

420 kcal	38 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, you can add a splash of mirin during the sauce whisking.
- If you prefer less sweetness, reduce the honey to 2 tbsp.
- The leftover glaze makes a great dressing for a simple cucumber salad.