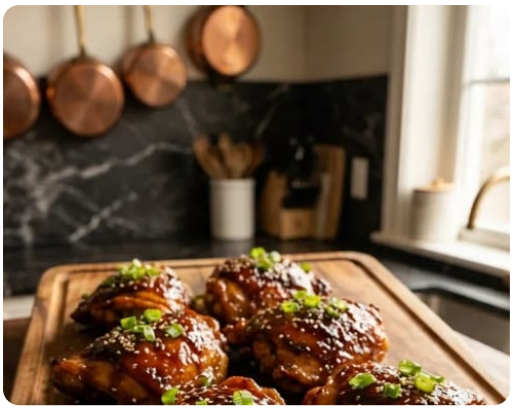


Foodnity Recipes

Honey Garlic Slow Cooker Chicken Thighs

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1/3 cup honey
- [ ] 4 cloves garlic, minced
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp red pepper flakes (optional)
- [ ] 1 tbsp olive oil

Instructions

1. Season the thighs lightly with salt and pepper, then place them in the slow cooker, skin side up.
2. In a bowl, whisk together honey, garlic, soy sauce, vinegar, red pepper flakes, and olive oil; pour over the chicken, making sure each piece is coated.
3. Cover and cook on low for 6-7 hours, or on high for 3-4 hours, until the meat is fall-apart tender.
4. About 30 minutes before serving, uncover and stir gently; then increase to high for 10 minutes to thicken the glaze.
5. Serve the thighs drizzled with the thickened honey-garlic sauce, alongside rice or a fresh salad.

Nutrition per serving

420 kcal	28 g	32 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce is too thin at the end, let it reduce uncovered on high for a few extra minutes.
- For extra caramelization, sear the thighs in a hot pan for 2 minutes before adding to the cooker.
- Taste the glaze before cooking; adjust salt or honey to suit your palate.