

Foodnity Recipes

Slowcooker Chicken: Easy & Flavorful

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, skinless chicken thighs
- [ ] 1 large onion, thinly sliced
- [ ] 2 carrots, cut into 1-inch pieces
- [ ] 3 cloves garlic, minced
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp honey
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] Juice of 1 lemon
- [ ] Salt and pepper to taste

Instructions

1. Season the chicken thighs with salt, pepper, thyme, and rosemary.
2. Heat olive oil in a skillet, then brown the chicken for 2 minutes per side, just for color. (Optional but adds depth.)
3. Transfer chicken to the slow cooker. Layer sliced onion, carrots, and garlic on top.
4. In a small bowl, whisk together chicken broth, honey, and lemon juice; pour over the ingredients.
5. Cover and cook on LOW for 6-8 hours, or on HIGH for 3-4 hours, until chicken is fork-tender.
6. Before serving, stir in fresh parsley if desired, and adjust seasoning with a pinch of salt.

Nutrition per serving

420 kcal	30 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, remove the lid for the last 30 minutes to reduce the broth.
- A splash of white wine vinegar can brighten the flavor if you like a bit more acidity.
- Feel free to add a handful of peas in the last 15 minutes for a pop of color.