

Foodnity Recipes

Spicy Crockpot Chicken – 6-Hour Perfection

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 (14-oz) can diced tomatoes
- [ ] 1/2 cup low-sodium chicken broth
- [ ] 2 tbsp chipotle in adobo, minced
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp ground cumin
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp honey
- [ ] Juice of 1 lime
- [ ] Salt and black pepper to taste

Optional Garnish

- [ ] Fresh cilantro, chopped
- [ ] Sliced avocado
- [ ] Cottonseed oil drizzle

Instructions

1. Pat the chicken thighs dry, then season with salt, pepper, smoked paprika, cumin, and garlic powder; give them a gentle rub.
2. Place the seasoned chicken in the crockpot, skin side up.
3. In a bowl, whisk together diced tomatoes, chicken broth, minced chipotle, honey, and lime juice; pour over the chicken.
4. Cover and cook on low for six hours, or until the meat is tender and pulls apart easily.
5. Taste the sauce, adjust salt or a touch more lime if needed, then serve topped with cilantro and avocado.

Nutrition per serving

420 kcal	45 g	12 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add an additional chipotle pepper.
- For a sweeter profile, increase honey by a teaspoon.
- The broth can be swapped for vegetable broth for a lighter taste.