

Honey-Garlic Slow Cooker Chicken Thighs

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Servings: 4

*1 1/2 pounds skinless/
boneless chicken thighs
1/2 cup reduced-sodium
soy sauce
1/4 cup ketchup
1/4 cup honey
3 cloves garlic, minced
1 teaspoon dried basil
1/4 teaspoon crushed red
pepper
hot cooked basmati rice or
quinoa*

Preparation Time: 10 minutes

Slow Cooker: 4 hours

Arrange the chicken thighs in a 3-1/2- to 4-quart slow cooker.

In a bowl, whisk together the soy sauce, ketchup, honey, garlic, basil and red pepper. Pour over the chicken.

Cook on LOW until the chicken is very tender, about four hours.

Serve over hot rice.

If you want a thicker sauce, transfer it to a saucepan. In a small bowl, whisk together one tablespoon of water and one tablespoon of cornstarch. Add to the saucepan. Cook, whisking, over medium heat until thickened and bubbly, about 5 minutes.

Per Serving (excluding unknown items): 103 Calories; trace Fat (0.8% calories from fat); 2g Protein; 26g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1379mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.