

# Crock Pot Honey Garlic Chicken

Prep Time 5 minutes

Cook Time 2.5-5 hours

Servings 4 to 6

Calories 227 kcal

## Ingredients

- 6 boneless, skinless breasts (may use thighs)
- 4 garlic cloves, minced
- 1/3 cup honey
- 1/2 cup low sodium ketchup
- 1/2 cup low sodium soy sauce I use gluten free
- 1/2 teaspoon dried oregano
- 2 tablespoons fresh parsley
- Optional 1/2 tablespoon toasted sesame seeds

## Instructions

1. Arrange chicken on the bottom of the crockpot/slow cooker; set aside. (please look at the notes section)
2. In a mixing bowl, combine garlic, honey, ketchup, soy sauce, oregano and parsley; whisk until thoroughly combined.
3. Pour the sauce over the chicken.
4. Close with a lid and cook for 4 to 5 hours on LOW, or 2.5 to 4 hours on HIGH. \*\* (please look at the notes section)
5. Remove lid and transfer chicken to a serving plate.
6. Spoon the sauce over the chicken and sprinkle with toasted sesame seeds optional.
7. Serve.

## Recipe Notes

\*Use enough chicken thighs (bone-in or boneless, skin-on or without) to cover the bottom of your slow cooker. You can also use chicken breasts.

\*\*All crock pots cook at different times and temperatures. Some readers suggest to only cook the chicken for 3 hours, while others said it took 4 hours in their crock pot. More importantly, 165 degrees Fahrenheit is the safe internal temperature for both the white meat of the chicken and dark meat.