

Choco Fever Dream

Crockpot Honey Garlic Chicken – Easy Recipe

15 min Prep time	**5 h** Cook time	**5 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skinless chicken thighs
- [ ] 2 tbsp olive oil
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper

For the Sauce

- [ ] 1/3 cup honey
- [ ] ¼ cup low-sodium soy sauce
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp dried thyme

Instructions

1. Season the chicken thighs with salt and pepper, then drizzle with olive oil; place them in the crockpot.
2. In a bowl, whisk together honey, soy sauce, minced garlic, apple cider vinegar, and thyme until smooth.
3. Pour the sauce over the chicken, ensuring each piece is coated; set the crockpot to low.
4. Cook for 5 hours, or until the chicken is fork-tender and the glaze is thickened.
5. Before serving, stir gently to coat the meat evenly; serve warm with rice or vegetables.

Nutrition per serving

420 kcal	34 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker glaze, stir in a cornstarch slurry 30 minutes before the end.
- A pinch of red pepper flakes adds a subtle heat without overpowering the sweet notes.
- For extra shine, finish with a drizzle of extra honey right before serving.