

Choco Fever Dream

Slow Cooker Chicken Thighs - Easy Recipe

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, skin-on chicken thighs
- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp olive oil
- [ ] 1/2 cup chicken broth
- [ ] 2 tsp fresh thyme leaves
- [ ] Juice of 1 lemon

Optional Add-ins

- [ ] 1 cup sliced carrots
- [ ] 1 cup diced potatoes

Instructions

1. Season the chicken thighs with a pinch of salt and pepper.
2. In a small bowl, whisk together soy sauce, brown sugar, garlic, lemon juice, and chicken broth.
3. Optional: Heat olive oil in a skillet over medium-high heat and brown the thighs for 2-3 minutes per side.
4. Place the thighs in the slow cooker, pour the sauce over them, and add thyme leaves.
5. If using, add carrots and potatoes around the thighs.
6. Cover and cook on low for 6-7 hours, or on high for 3-4 hours, until meat is tender.
7. Before serving, stir in fresh herbs and adjust seasoning if needed.

Nutrition per serving

420 kcal	30 g	20 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you skip browning, the sauce may be slightly thinner; add a cornstarch slurry to thicken.
- Taste the broth before serving; a dash more lemon can brighten the flavor.
- For a richer texture, finish with a drizzle of olive oil right before plating.