

Choco Fever Dream

Sweet Baby Rays Crockpot Chicken

10 min Prep time	**6 h** Cook time	**6 h 10 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1.5 lbs)
- [ ] 1 cup Sweet Baby Ray's Original BBQ Sauce
- [ ] 2 tbsp honey
- [ ] 1 small onion, thinly sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp apple cider vinegar
- [ ] 1/2 tsp black pepper

Optional Garnish

- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Place the chicken breasts in the bottom of the crockpot, ensuring they form a single layer.
2. In a bowl, whisk together Sweet Baby Ray's BBQ sauce, honey, apple cider vinegar, minced garlic, and black pepper.
3. Pour the sauce mixture over the chicken, then scatter the sliced onion on top.
4. Cover and cook on low for 6-7 hours, or on high for 3-4 hours, until the chicken is fork-tender.
5. Once done, shred or slice the chicken, stir gently to coat in the glossy sauce, and sprinkle fresh parsley if desired.

Nutrition per serving

380 kcal	38 g	32 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thin near the end, remove the lid for the last 20 minutes to allow it to reduce.
- For a spicier version, add a pinch of cayenne or red pepper flakes.
- This dish pairs beautifully with steamed rice or buttery cornbread.