

Slow Cooker Honey Garlic Chicken

 10 ingredients  4 hours  4 servings

Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Use chicken wings, drumsticks or breasts.

Thighs

No Slow Cooker Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs Serve with rice, potato or quinoa.

Ingredients

3 tbsps	Extra Virgin Olive Oil
2 tbsps	Raw Honey
3	Garlic (cloves, minced)
1 tbsp	Chili Powder
1 tsp	Sea Salt
1/2 tsp	Black Pepper
2 lbs	Chicken Thighs (skinless, boneless)
6 cups	Broccoli (chopped into florets)
1 tbsp	Coconut Oil (or organic butter)
	Sea Salt & Black Pepper (to taste)