

Slow cooker honey garlic chicken

You'll need

4 garlic cloves , minced
1/2 cup low sodium ketchup
1/2 teaspoon dried oregano
1/3 cup honey
1/2 cup low sodium soy sauce
6 boneless , skinless chicken thighs
2 tablespoons fresh parsley
1/2 tablespoon toasted sesame seeds

How to make it

Arrange chicken thighs on the bottom of your slow cooker; set aside. (please look at the notes section)

In a mixing bowl, combine garlic, honey, ketchup, soy sauce, oregano and parsley; whisk until thoroughly combined.

Pour the sauce over the chicken thighs.

Close with a lid and cook for 4 to 5 hours on LOW, or 3 to 4 hours on HIGH.** (please look at the notes section)

Remove lid and transfer chicken to a serving plate.

Spoon the sauce over the chicken and sprinkle with toasted sesame seeds.

Source :allrecipes.com

