



Friday Group Lunch

Crock Pot Chicken Thighs Recipe

Ingredients

- 8 bone-in, skin-on chicken thighs
- 1 tablespoon olive oil
- salt and pepper
- $\frac{3}{4}$ cup ketchup
- $\frac{1}{3}$ cup soy sauce
- $\frac{1}{3}$ cup honey
- 3 tablespoon minced garlic
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon dried thyme
- 1 teaspoon dried parsley
- $\frac{1}{4}$ teaspoon dried mustard
- 2 tablespoons fresh chopped parsley – optional

Instructions

Heat olive oil in a cast-iron skillet or heavy bottom pan. Sprinkle chicken with salt and pepper and sear, skin side down until golden. Remove the chicken from the pan and place skin side up in the crock pot.

To a medium-size bowl, add ketchup, soy sauce, honey, garlic, onion powder dried thyme, dried parsley, and dried mustard. Whisk together and pour over the chicken. Place lid on the crock

pot and cook on HIGH for 3 hours or LOW for 5 hours until chicken is done, and the sauce has thickened.

Remove chicken and place on a serving dish. Spoon over the sauce from the bottom of the crock pot, sprinkle with fresh parsley and serve.

Notes

How To Thicken the Sauce: Pour the juices from the slow cooker into a medium saucepan. Mix together one tablespoon of cornstarch with two tablespoons of water and whisk into the chicken thigh juices. Simmer on low heat, whisking until the sauce has thickened.

Leftovers: The cooked chicken and any leftover sauce keep well in the fridge for 3 to 4 days. Store in a resealable container, then reheat before serving.

Recipe from <https://www.asouthern soul.com/crock-pot-chicken-thighs-recipe/>