



4.6 from 14 reviews

## Crock Pot Honey Garlic Chicken

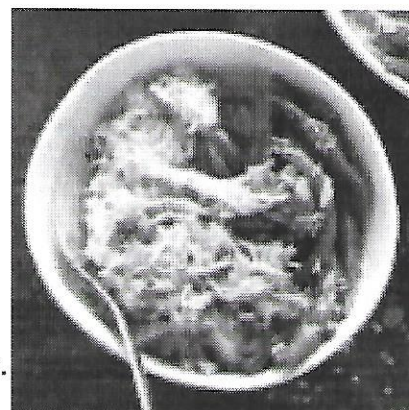
Our Crock Pot Honey Garlic Chicken is perfect for any weeknight meal, is kid-friendly, and made with only 5 ingredients! So? Make your grocery list, head to the store, and cook up this amazing slow cooker honey garlic chicken.

Prep: 10 minutes Cook: 6 hours Total: 6 hours 10 minutes

Fat 3 Carbs 26 Protein 25

Yield 6  1x

1x  2x  3x



### Ingredients

- 1.5 lbs. boneless, skinless chicken breast
- 3 tablespoons minced garlic
- 1/2 cup honey
- 1/2 cup soy sauce (or tamari)
- 2 teaspoon chili garlic sauce
- 1/2 tablespoon cornstarch (optional)

### Instructions

1. First, create your honey garlic sauce. Whisk together minced garlic, honey, soy sauce, and red chili garlic sauce until honey has fully dissolved.
2. Next, place chicken breast on the bottom of your slow cooker. Then, pour the sauce over the chicken.
3. Turn slow cooker to high and cook for 2-4 hours OR low and cook for 6-8 hours.
4. Once your chicken is fully cooked and tender, remove chicken from slow cooker and use 2 forks to shred.
5. Thicken sauce by adding in 1/2 tablespoon of cornstarch and whisk until dissolved.
6. Then, add chicken back into the crockpot and stir with the sauce. Cover and let cook for 10 more minutes so that the sauce can fully thicken.
7. Serve with your favorite grain and vegetable.

### Tips & Notes

• Cornstarch is just for the chicken.

• Cornstarch is optional, but your sauce will be thin if you don't use it.

### Nutrition Facts

**Serving Size:** 1/6 **Calories:** 214 **Sugar:** 23 **Fat:** 3 **Carbohydrates:** 26 **Fiber:** 0  
**Protein:** 25

**Author:** Lee Hersh **Category:** Dinner **Method:** Slow Cooker **Cuisine:** Asian