

## Slow-Cooker Sweet and Tangy Chicken Wings

Makes 4 Servings



**For the Chicken Wings:**  
**3 pounds chicken wings**  
**salt and pepper to taste**  
**For the Sauce:**  
**1 1/2 cups ketchup**  
**1/4 cup brown sugar**

**1/4 cup red wine vinegar**  
**2 tablespoons Worcestershire sauce**  
**1 tablespoon Dijon style mustard**  
**1 garlic clove minced**  
**1 teaspoon liquid smoke**

Season the chicken wings with salt, and pepper.

In a frying pan over medium-high heat sear the chicken wings until golden brown about 6-8 minutes on each side.

Transfer the chicken wings to a 5-quart slow cooker sprayed with non-stick cooking spray.

In a bowl combine ketchup, brown sugar, red wine vinegar, Worcestershire sauce, Dijon-style mustard, garlic, and liquid smoke. Pour the sauce over the chicken wings and toss to coat.

Cover and cook on LOW for 2-3 hours or until the chicken wings are fully cooked and tender.

Serve