

Slow-Cooker Chicken Wings with Pumpkin Spice Barbecue Sauce

Makes 4 Servings



For the Pumpkin Spice Barbecue Sauce:

1 cup ketchup
1/2 cup packed brown sugar
1/4 cup apple cider vinegar
1/4 cup maple syrup
2 tablespoons molasses
1 teaspoon onion powder

1 teaspoon garlic powder
1 teaspoon black pepper
1 teaspoon pumpkin pie spice
For the Chicken Wings:
3 pounds chicken wings
salt and pepper to taste

For the Pumpkin Spice Barbecue Sauce:

To a medium sauce pan add ketchup, brown sugar, apple cider vinegar, maple syrup, molasses, salt, onion powder, garlic powder, black pepper, and pumpkin pie spice.

Heat over medium heat whisking until fully combined. Bring the mixture to a boil.

Reduce the heat to low and simmer for 20-25 minutes stirring occasionally until the sauce thickens.

Remove the sauce from the heat and allow to cool slightly before using.

For the Chicken Wings:

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.

Pour the Pumpkin Spice Barbecue 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