

## **Barbeque Baked Chicken Legs**

### **Ingredients**

Chicken Legs

¾ cup honey (local is best)

½ cup soy sauce

¼ cup ketchup

2-3 cloves garlic, minced

### **Instructions**

1. Preheat oven to 350 degrees F. Lay the chicken legs out in a foil lined baking dish with high sides. (The foil is to make clean up easier.) You want a dish that is deep and big enough to hold everything in, but the chicken is not drowning in the sauce. You want half of the chicken poking out of the sauce while cooking.
2. Mix honey, soy sauce, ketchup, and garlic and then pour over the chicken legs.
3. Put the chicken legs in the oven for 45 minutes. Take the chicken out of the oven and rotate it so that the bottom that was in the sauce is now on top out of the sauce.
4. Put the legs back in the oven. Raise the heat to 425 degrees F and bake about 15 minutes until the sauce is bubbly and starts to caramelize on the chicken legs.
5. Remove from oven and let rest for 5 minutes.

This recipe can also be cooked in a crock pot. Line the crockpot with tin foil, then put the chicken legs in and cover with honey, soy sauce, ketchup, and garlic. Cook on low for 6 hours. Then remove foil with the sauce and chicken still in it, and place in an oven safe dish/pan. Broil for a few minutes to make the skin crispy and the sauce caramelize.