

THE CULINARY

Playground



Honey Garlic Crockpot Chicken

6 boneless skinless chicken thighs
6 garlic cloves, smashed and chopped
1.5 teaspoons dried basil
3/4 cup soy sauce (La Choy or Tamari wheat-free are gluten free)
3/4 cup ketchup
1/2 cup honey

Use a 4-quart slow cooker (if using a 6-quart, this will cook faster. Check after 3 hours on high, 5 hours on low).

Put the chicken into your cooker.

In a small bowl, combine the rest of the ingredients, then pour evenly over the top.

Cook on low for 6 hours or high for 3-4.

Serve with basmati rice and steamed or roasted vegetables.

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www.culinary-playground.com