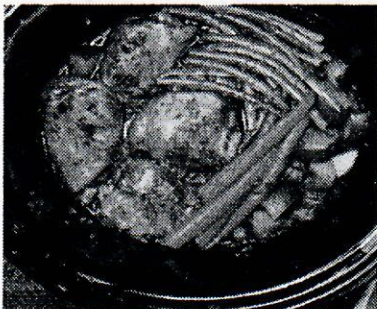
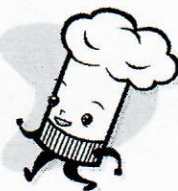


Slow Cooker Honey Garlic Chicken and Veggies

Simple, delicious, and full of flavor! Truly a recipe that can be passed down for generations.



Ingredients:

2 lbs chicken thighs, bone-in
1 lb baby red potatoes, cut in halves
1 lb carrots, peeled
1 cup onions, chopped
1 lb green beans, trimmed
(salt, pepper, and parsley to taste)

Honey Garlic Sauce

1/3 cup honey
1 tbs minced garlic
1/2 cup low sodium soy sauce
1/4 cup tomato paste
2 tsp oregano

Directions:

In a small bowl, whisk together honey, garlic, soy sauce, oregano and tomato paste.

Recommended: Brown the chicken thighs for 2-3 minutes in a pan for crispy skin.

In a 4-6 quart slow cooker, add chicken thighs, potatoes, carrots, and onions then put honey garlic sauce on top.

Cover the slow cooker and cook at high for 3 hours or on low for 6-8 hours.

Before serving, add the green beans and cook for another 15 minutes. Enjoy!