

Cooking Encounters with H.B.

Crockpot Brown Sugar Chicken

You will need:

- Crockpot aka: Slowcooker
- 1/4 tsp & 1/2 tsp measuring spoons
- 1 tbsp measuring spoon
- 1/3 cup measuring cup
- non-stick cooking spray
- small bowl



Ingredients:

- 5-8 boneless chicken thighs
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/3 cup packed brown sugar
- 2 tbsp minced garlic



Instructions:

- Spray the crockpot with non-stick cooking spray
- Preheat the crockpot on high while gathering ingredients
- Combine: salt, pepper, garlic in a small bowl then rub on the chicken
- Place chicken in bottom of crockpot skin side up
- Sprinkle the brown sugar on top of the chicken
- Cover and cook on high 3 - 4 hours; low 6 - 8 hours

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Serving Options:

- Serve with your favorite side:
baked potato, fries, sweet potato
rice or quinoa
tossed salad, pasta salad
- The possibilities are numerous.

Check out HB's **Dill Pasta Salad** Recipe: You can find it under the "side dishes" tab at Cooking Encounters with HB.

<https://alongsidedcreations.com/health-wellbeing/>