

# Crockpot Honey Gralic Chicken



## Ingredients A

1. 1/4 cup soy sauce
2. 1/4 cup honey
3. 1/2 cup ketchup
4. 2 cloves of garlic minced
5. 1 TSP dried basil
6. 1/2 TSP of dried oregano
7. 1/2 TSP crushed red pepper flakes
8. 1/2 TSP black pepper

## Ingredients B

1. 6 Bone in skin off chicken thighs
2. 1 lb baby potatoes
3. 1 lb baby carrots
4. 1 lb string beans

## Tools

Crock Pot and a bowl for mixing

## Preparation

1. Mix all the A ingredients in a bowl to make the sauce.
2. Put the sauce and all the B ingredients in the slow cooker, making sure all everything is coated with sauce.
3. Cook on HIGH heat for 4-5 hours.