

Crock Pot Chicken and Apple



Ingredients

- 3 lbs (or 9 individual) bone in chicken thighs
- 1 apples, cored and cubed
- 1 cup low-sodium chicken broth
- ⅓ cup honey
- ⅓ cup unsweetened applesauce
- 1 tsp cinnamon
- ½ tsp cumin
- ¼ tsp onion powder
- ¼ tsp garlic powder
- Black pepper to taste

Servings: 9 chicken thighs
Serving Size: 1 chicken thigh

Nutrition Facts / Per Serving:

Calories 238, Sodium 116 mg,
Carbohydrates 15 g, Protein 25 g,
Potassium 335 mg, Phosphorus 245 mg

Directions

Skill Level: EASY

1. Turn crock pot on low temperature setting.
2. In a bowl mix together: low sodium chicken broth, honey, unsweetened apple sauce, cinnamon, cumin, onion powder, garlic powder, and black pepper.
3. Place chicken thighs and cubed apples in greased crock pot.
4. Pour mixture from bowl on top of chicken and apples.
5. Cook for 4-6 hours or until chicken thighs reach an internal temperature of 165F.