



Long Livo

Slow Cooker Chicken Thighs - Easy Recipe

15 min

Prep time

4

Servings

6 h

Cook time

Easy

Difficulty

6 h 15 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 bone-in, skin-on chicken thighs
- ☐ 3 cloves garlic, minced
- ☐ 1/4 cup low-sodium soy sauce
- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp olive oil

- ☐ 1/2 cup chicken broth
- ☐ 2 tsp fresh thyme leaves
- ☐ Juice of 1 lemon

Optional Add-ins

- ☐ 1 cup sliced carrots
- ☐ 1 cup diced potatoes

Instructions

- 1 Season the chicken thighs with a pinch of salt and pepper.
- 2 In a small bowl, whisk together soy sauce, brown sugar, garlic, lemon juice, and chicken broth.
- 3 Optional: Heat olive oil in a skillet over medium-high heat and brown the thighs for 2-3 minutes per side.
- 4 Place the thighs in the slow cooker, pour the sauce over them, and add thyme leaves.
- 5 If using, add carrots and potatoes around the thighs.
- 6 Cover and cook on low for 6-7 hours, or on high for 3-4 hours, until meat is tender.
- 7 Before serving, stir in fresh herbs and adjust seasoning if needed.

Nutrition per serving

420 kcal

Calories

30 g

Protein

20 g

Carbs

22 g

Fat

Tips & notes

- If you skip browning, the sauce may be slightly thinner; add a cornstarch slurry to thicken.
- Taste the broth before serving; a dash more lemon can brighten the flavor.
- For a richer texture, finish with a drizzle of olive oil right before plating.