

# WHIP IT UP WEDNESDAY

## *Slow Cooker Saucy Chicken*

### INGREDIENTS

- 1 & 1/2 lbs. chicken thighs or drumsticks
- 1 can (6 ounces) tomato paste
- 2 Tablespoons honey
- 1 Tablespoon Worcestershire sauce
- 2 garlic cloves, minced
- 1 teaspoon dried minced onion
- 1 tablespoon white vinegar
- 1/8 teaspoon black pepper
- 1/2 cup reduced-sodium chicken broth

### DIRECTIONS

1. Wash hands with soap and water.
2. Spray slow cooker bowl with nonstick cooking spray. Add chicken.
3. In a medium bowl, add rest of ingredients. Mix with a wire whisk or fork until blended.
4. Top chicken with sauce.
5. Heat on slow cooker high setting for 3-4 hours or low for 6-8 hours. Internal temperature of chicken should be 165 degrees F with a meat thermometer.



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