Crock Pot Chicken Thighs

Ingredients

- 8 bone-in, skin-on chicken thighs
- 1 tablespoon olive oil
- salt and pepper
- 3/4 cup ketchup
- 1/3 cup soy sauce
- 1/3 cup honey
- 3 tablespoon minced garlic
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/4 teaspoon dried mustard
- 2 tablespoons fresh chopped parsley – optional

Directions

1. Heat olive oil in a cast-iron skillet or heavy bottom pan. Sprinkle chicken with salt and pepper and sear, skin side down until golden. Remove the chicken from the pan and place skin side up in the crock pot.
2. To a medium-size bowl, add ketchup, soy sauce, honey, garlic, onion powder dried thyme, dried parsley, and dried mustard. Whisk together and pour over the chicken. Place lid on the crock pot and cook on HIGH for 3 hours or LOW for 5 hours until chicken is done and the sauce has thickened.
3. Remove chicken and place on a serving dish. Spoon over the sauce from the bottom of the crock pot, sprinkle with fresh parsley and serve.