

Treasure Barrel

# Slow Cooker Chicken Breasts Recipe

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| **15 min**<br>Prep time | **4 h**<br>Cook time | **4 h 15 min**<br>Total time |
| **6**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### The Chicken

- [ ] 6 boneless, skinless chicken breasts (about 1.5 lbs)
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon freshly ground black pepper
- [ ] 1 teaspoon smoked paprika

### The Sauce

- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup barbecue sauce
- [ ] 1/2 cup honey
- [ ] 2 tablespoons Dijon mustard
- [ ] 1 tablespoon Worcestershire sauce
- [ ] 2 cloves garlic, minced

### Garnish

- [ ] 2 tablespoons chopped fresh parsley, for garnish

## Instructions

1. First things first, pat those chicken breasts dry with some paper towels. I've found that if they're too wet, they won't brown right. Then, just season them generously with the salt, pepper, and smoked paprika. It's a simple start, but it makes such a difference.
2. Heat up your olive oil in a skillet over medium-high heat. Now, sear the chicken for about 2–3 minutes on each side until they look a lovely golden brown. Honestly, that's where the flavor lives. Once they're seared, go ahead and transfer them into the slow cooker.
3. In a small bowl, whisk together your chicken broth, barbecue sauce, honey, Dijon mustard, Worcestershire sauce, and those minced garlic cloves. Just stir it until it's nice and smooth.
4. Pour that sauce mixture right over the chicken in the slow cooker. Make sure each piece is well coated—I like to give them a little nudge—and ensure the liquid reaches at least halfway up the chicken.
5. Cover it up and let it work its magic. Cook on low for 6–7 hours, or if you're in a rush, on high for 3–4 hours. You're looking for that tender feel and an internal temperature of 165°F (74°C).
6. Carefully retrieve the chicken from the pot. You can shred it with two forks for a softer texture, or slice it into thick strips if you prefer. Just be sure to reserve that wonderful cooking liquid.

7. Put the shredded or sliced chicken back into the slow cooker and stir it all together to coat it in the remaining sauce. Let it simmer for another 10 minutes; it just lets the flavors meld together properly, you know?

8. Serve the juicy chicken while it's hot, and sprinkle some chopped fresh parsley on top for a little bit of brightness.

9. Now, if you're feeling fancy, you can place the cooked chicken and sauce under a preheated broiler for about 2 minutes. It gets all bubbly and slightly browned—wow, it's just delicious.

10. Plate it up immediately with whatever sides you have on hand and enjoy your meal!

### Nutrition per serving

| 310 kcal | 38 g | 24 g | 7 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Use a slow cooker with a sturdy lid that can be slightly inverted for more even cooking.
- Press the shredded chicken lightly with tongs to help the sauce cling to every bite.
- Using low-sodium broth helps you control the saltiness of the final dish.