



Slow Cooker Honey Mustard Chicken



Ingredients:

- ½ tsp salt
- ½ tsp freshly ground black pepper
- ½ tsp paprika
- ½ tsp onion powder
- 1 ½ pounds skinless, boneless chicken breasts
- ¼ cup honey
- ¼ cup plus 1 to 2 tablespoons Dijon mustard
- 2 cloves garlic, minced

Method:

1. Combine salt, pepper, paprika, and onion powder in a small bowl. Rub spice mixture evenly over chicken breasts.
2. Whisk together the honey, Dijon mustard, and garlic in another bowl.
3. Place the seasoned chicken in a 4-quart slow cooker. Pour honey-mustard mixture over the chicken.
4. Cover and cook on High until chicken is tender and an instant-read thermometer inserted into the thickest portion registers 165°F (about 2 hours 30 minutes), or Low for 5 hours.
5. Transfer chicken to a cutting board and shred with 2 forks. Return shredded chicken to the slow cooker and stir to coat with sauce. Stir in 1 to 2 tablespoons additional Dijon mustard to taste before serving.