

Crock Pot Chicken and Apples: Slow-Cooked Savoury Stew

Tender chicken thighs cooked with tart Granny Smith apples and honey



PREP
20 min

COOK
5 hr

TOTAL
5 hr 20 min

SERVES
4 servings

CALORIES
410 kcal

Ingredients

- 3.5 lbs boneless, skinless chicken thighs
- 3 Granny Smith apples, cored and sliced into 1/4-inch rounds
- 1 cup apple cider
- 3 tbsp honey
- 2 tbsp Dijon mustard
- 2 tbsp soy sauce
- 1 tbsp apple cider vinegar
- 1 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/4 tsp cayenne pepper, optional
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and freshly ground black pepper, to taste

Instructions

1. Prepare the produce: Slice the apples into 1/4-inch rounds. Dice the onion and mince the garlic. Consistent sizes ensure the vegetables cook evenly in the slow cooker.
2. Whisk the sauce: Combine the apple cider, honey, Dijon mustard, soy sauce, apple cider vinegar, cinnamon, allspice, cayenne pepper, salt, and pepper in a bowl. Whisk until well combined. This creates a balanced savoury and sweet glaze.

3. Sear the chicken: Heat the olive oil in a large skillet over medium-high heat. Sear the chicken thighs for 2-3 minutes per side until golden brown. This step caramelises the surface to create a richer flavour and seals in juices.
4. Layer the base: Arrange the apple slices in a single layer at the bottom of the slow cooker. Scatter the diced onion and minced garlic over the apples. This layer protects the chicken from direct heat.
5. Assemble the pot: Place the seared chicken thighs on top of the apple and onion layer. Pour the prepared sauce evenly over the chicken and apples. Ensure the liquid covers as much surface area as possible.
6. Slow cook the meat: Cover and cook on low for 240-300 minutes, or on high for 120-180 minutes. The chicken is ready when it reaches an internal temperature of 74°C (165°F) and the apples are tender.
7. Finish the dish: Stir the contents gently during the last 30 minutes of cooking. This ensures the apple juices bubble evenly. Taste the sauce and add a pinch of salt or honey if you want to adjust the balance.

Notes

What to serve with it Serve this dish over fluffy white or steamed jasmine rice to absorb the apple-scented sauce. You may also pair it with roasted Brussels sprouts or green bean casserole for a balanced meal. For a hearty alternative, slice the cooked chicken and apples onto toasted sourdough bread to make a sandwich.

Storing and reheating Store leftovers in an airtight container in the refrigerator for up to 4 days. You can freeze this meal in a freezer-safe container for up to 3 months. Thaw the container in the refrigerator overnight before you reheat the chicken and apples to maintain the proper texture.