

Slow Cooker Maple Mustard Chicken

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10 ingredients • 240 minutes • 4 servings

Ingredients

- **2 lbs** Chicken Thighs (skinless, boneless)
- **2 tbsps** Maple Syrup
- **0.3 cup** Dijon Mustard
- **1 tsp** Dried Basil
- **1 tsp** Paprika
- **1/2 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **8 cups** Green Beans (washed and trimmed)
- **1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or drumsticks instead.

Save Time

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs

Serve with rice, sweet potato or quinoa.