

Sweet & Spicy Chicken Wings

Sue Bayless - Prior Lake, MN

Simple&Delicious Magazine - December 2011/ January 2012

Preparation Time: 25 minutes

Cook time: 5 hours

3 pounds chicken wings
1 1/2 cups ketchup
1 cup packed brown sugar
1 small onion, finely chopped
1/4 cup sweet red pepper, finely chopped
2 tablespoons chili powder
2 tablespoons Worcestershire sauce
1 1/2 teaspoons crushed red pepper flakes
1 teaspoon ground mustard
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon pepper

Cut the wings into three sections. Discard the wing tip sections.

Place the chicken into a 4-quart slow cooker.

In a small bowl, combine the ketchup, brown sugar, onion, red pepper, chili powder, Worcestershire sauce, red pepper flakes, mustard, basil, thyme and pepper. Pour over the chicken. Stir until coated.

Cover and cook on LOW for 5 to 6 hours or until the chicken juices run clear.

Yield: 1 1/2 dozen

Per Serving (excluding unknown items): 2971 Calories; 122g Fat (36.0% calories from fat); 145g Protein; 341g Carbohydrate; 14g Dietary Fiber; 566mg Cholesterol; 5344mg Sodium. Exchanges: 1 Grain(Starch); 19 Lean Meat; 2 Vegetable; 12 Fat; 21 Other Carbohydrates.