Ingredients

- 2 Rock Cornish hens (about 16 ounce each)
- 1 clove garlic, sliced in half PLUS
- 2 cloves garlic, diced
- 1 red onion, thinly sliced
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon chili powder
- 2 tablespoons olive oil
- 2 cups sugar snap peas
- 2 cups baby carrots
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons rubbed sage

Directions

Rinse hens and pat dry. Insert half a garlic clove and one slice of red onion into cavity of each hen. Rub hens with salt, pepper, and chili powder. Drizzle olive oil over hens; rub oil into spices with fingers to create a paste.

Place sugar snap peas, remaining sliced red onion, baby carrots, salt and pepper, sage, and diced garlic on bottom of crock pot. Cover and cook on LOW for 5-6 hours, until hens are tender and juices run clear.