

# Sweet Tea Brined Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-sweet-tea-brined-chicken-recipe>

## Ingredients:

- 2 tea bags family sized
- 1/2 cup brown sugar
- 1/4 cup kosher salt
- 1 onion thinly sliced
- 1 lemon thinly sliced
- 3 garlic cloves
- 2 sprigs rosemary
- 1 tablespoon crushed black pepper
- 2 cups ice cubes
- 4 pounds chicken pieces I used bone in breasts