



Pulled Chicken Sandwich

This easy, 3 step slow cooker recipe for BBQ pulled chicken will become a family favorite and is perfect for Super Bowl parties and potlucks. No need for bottled BBQ sauce- this homemade BBQ sauce is made directly in the slow cooker with ingredients you have at home. Prepare in the afternoon then serve it for dinner!

Serves: 6

Serving Size: 1 sandwich

Ingredients

- 1 medium onion, finely chopped
- 1 can (6oz) tomato paste
- ¼ cup reduced sodium chicken broth
- 2 T brown sugar or honey
- 1 T apple cider vinegar
- 1 T yellow mustard
- 1 T Worcestershire sauce
- 2 minced garlic cloves
- 2 tsp chili powder
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 1 ½ lbs boneless skinless chicken breasts
- 6 whole wheat hamburger buns

Directions

1. To a 3qt slow cooker, combine sauce ingredients from the onion to the cayenne pepper. Mix well.
2. Place chicken breasts in the sauce and flip to coat. Set slow cooker to high and cook until tender, about 4 hours.
3. Remove chicken to a plate and let it cool slightly. Using two forks, shred meat, return to slow cooker and using tongs, mix with the sauce until well coated.
4. Serve the pulled chicken on buns with any toppings you'd like.

Chef's Note: Add vegetables like a shredded carrot or sweet potato into the slow cooker to sneak in some vegetables.

Nutrition Info per serving:

Calories: 214, Saturated Fat: 2g, Sodium: 362mg, Fiber: 1.8g

Recipe adapted from: <https://www.tasteofhome.com/recipes/pulled-chicken-sandwiches/>