

Slow Cooker BBQ Chicken



Ingredients:

4 boneless, skinless chicken breasts

1 cup BBQ sauce (your favorite brand or homemade)

¼ cup apple cider vinegar

¼ cup brown sugar

1 tablespoon Worcestershire sauce

1 teaspoon smoked paprika

½ teaspoon garlic powder

Salt and black pepper to taste

Instructions:

Place the chicken breasts in the bottom of your slow cooker. In a medium bowl, whisk together BBQ sauce, apple cider vinegar, brown sugar, Worcestershire sauce, paprika, garlic powder, salt, and pepper.

Pour the sauce over the chicken, coating evenly.

Cover and cook on low for 6–7 hours or on high for 3–4 hours, until the chicken is tender and easily shredded.

Remove chicken, shred with two forks, and return to the slow cooker. Stir to coat in the sauce. Let it sit for 10–15 minutes on warm before serving.

Serve on buns, in wraps, or over rice.

Prep Time: 10 minutes

Cooking Time: 6 hours

Total Time: 6 hours 10 minutes

Kcal: 320 per serving

Servings: 4