



Slow-Cookin' BBQ Chicken



1/7th of recipe (about 1/2 cup): 149 calories, 1g total fat (0.5g sat. fat), 462mg sodium, 10g carbs, <0.5g fiber, 9g sugars, 22.5g protein

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Prep: 10 minutes **Cook:** 3 to 4 hours *or* 7 to 8 hours



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Ingredients

1 cup canned tomato sauce
1/2 cup ketchup
2 1/2 tbsp. brown sugar (not packed)
2 1/2 tbsp. cider vinegar
2 tsp. garlic powder
1 1/2 lbs. raw boneless skinless chicken breasts, halved
Optional seasoning: red pepper flakes

Directions

In a slow cooker, mix all ingredients *except* chicken. Add chicken and stir to coat.

Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks--one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the slow cooker and mix well. Eat up!

MAKES 7 SERVINGS

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