

Shredded Slow Cooker BBQ Chicken Sliders

By: Skinny Slow Cooker

2 1/2 -3 lbs. chicken breasts
1 cup chopped onion (1 large)
3/4 cup chopped green pepper (1 medium)
1/2 teasp. ground black pepper
1/3 teasp. salt
1- 1/2 flavored seasonings (mix it up!)
1/2 cup chicken broth
1 cup balsamic vinegar
1/2 cup ketchup (preferably without sugar)
1/4 cup honey
1 tbsp brown sugar
1 cup water
1 6 oz. can tomato paste
1 tbsp Worcestershire sauce
1 tbsp Dijon mustard
1 clove garlic

Sides: Cole Slaw and Dill Pickles

1. Trim fat from meat. If necessary, cut meat to fit into a 3 1/2 or 4 quart slow cooker. In slow cooker combine onion and pepper. Add meat; sprinkle with dry seasonings. Pour broth over meat.
2. Cover and cook (this also depends on type of meat; chicken requires less time)
 - a. Low-heat settings = 9-10 hours
 - b. High-heat settings = 4-5 hours
3. Meanwhile, for barbecue sauce, in a medium saucepan combine all other ingredients. Bring to boiling.
4. Transfer meat to cutting board. Using 2 forks, pull meat apart into shreds, discarding fat. Strain vegetable mixture, discarding liquid from slow cooker. Return shredded meat and strained vegetables to slow cooker. Stir in barbecue sauce.
5. Cover and cook on low setting. Cook for 1 hour.

To serve, spoon meat mixture onto bun bottoms. Top with coleslaw and chopped pickles (optional). Add bun tops.

Notes:

Substitutions for meat include boneless pork shoulder roast. If using pork roast, Calories 320., 14g fat (4g sat. fat), 44mg chol., 487mg sodium, 34g carb., 1g fiber, 13g protein.

The original recipe did not include: 1 cup water and 6 oz tomato paste. This was included to give it a red BBQ color and a more traditional BBQ flavor. For me :)

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