

# Slow-Cooker Barbecue Chicken



## Ingredients:

- 4 Chicken Breasts
- 1-1.5 cups of Barbecue sauce

## Directions:

1. Cut chicken into 1-inch thick strips. Place in bottom of slow-cooker.
2. Pour barbecue sauce over chicken so that it is totally covered.
3. Cover and cook on low for 5 hours or high for 3 hours (until chicken will shred easily).
4. Remove chicken to a cutting board and shred with 2 forks. Return to slow-cooker for 5 -10 minutes.
5. Serve on bun, rice, or salad.

## Nutrition Facts:

Serving Size: ½ cup, 8 servings

155 calories, with bun 300 calories, 19g protein, 2g fat, 15g sugar, 17g carb