

February 2014 Recipe



Slow-Cooker Barbecue Pulled Chicken

This BBQ pulled chicken recipe is a reinterpretation of pulled pork that slow-cooks chicken in a tangy tomato sauce.

Makes: 8 servings

Active Time: 25 minutes

Total Time: 5.5 hours (Slow cooker)

Ingredients

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile
- 1/2 teaspoon salt
- 2 1/2 pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced

Directions

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve.

Tip

Cover and refrigerate for up to 3 days or freeze for up to 1 month.

Nutrition information

Per serving: 364 calories; 13 g fat (3 g sat , 5 g mono); 93 mg cholesterol; 32 g carbohydrates; 4 g added sugars; 30 g protein; 4 g fiber; 477 mg sodium; 547 mg potassium.