

Slow Cooker BBQ Chicken

8 servings 4-8 hours

Ingredients

- 2 lb. boneless skinless chicken
- 3 Tbsp BBQ seasoning
- 15-18 oz. BBQ sauce
- 1 Tbsp liquid smoke

Directions

1. Place all ingredients in slow cooker.
2. Cook on high for 4 hours, medium heat for 6, or low heat for 8 hours.
3. Once chicken has fully cooked, use two forks or a hand mixer to shred.
4. Serve on sandwich buns, on top of a salad, or over a bed of rice.

Freezer Meal Instructions

1. Place all ingredients in a gallon ziplock bag.
2. Massage liquids and seasoning into meat.
3. Label and freeze for up to six months.
4. Defrost in fridge overnight and then cook following directions above.

great on sandwiches or salads!