

Slow Cooker BBQ Chicken

8 servings 4-8 hours

great on sandwiches or salads!

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 Directions

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.