

THE BEST CROCKPOT BBQ CHICKEN

INGREDIENTS

2 lbs boneless, skinless chicken breasts

1 cup BBQ sauce

$\frac{1}{4}$ cup Italian dressing

$\frac{1}{4}$ cup brown sugar

1 tbsp Worcestershire sauce

salt to taste

INSTRUCTIONS

Season chicken breast lightly (a small pinch per breast) with some sea salt and place in your crockpot.

In a mixing bowl combine BBQ sauce, Italian dressing, brown sugar and Worcestershire sauce. Stir until well combined.

Pour over chicken, cover and cook on HIGH for 3-4 hours

Once time is up, you can serve the breast whole, or shred with 2 forks. If shredding, recover and let cook in sauce for about

10-15 more minutes to soak up all that delish flavor.

Serve on buns, over rice, in wraps, on a salad or eat a plateful as is! Our favorite way is on fresh rolls, topped with coleslaw.