

Shredded BBQ Chicken

(Makes 6 Servings)



Shopping list:

- **2 cups ketchup**
- **1/4 cup Worcestershire sauce**
- **3 tablespoons light brown sugar**
- **2 tablespoons chili powder**
- **1 tablespoon hot sauce**
- **1 tablespoon curry powder**
- **2 lbs. boneless, skinless chicken breasts**
- **1 gallon-sized plastic freezer bag**

Prep:

1. Label your freezer bag
2. To your gallon-sized freezer bag, add all ingredients (add the chicken breasts to the bag last, so they are the first ingredient poured into your crockpot).
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

Cook:

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot. Cook items in crockpot on “low” setting for 4-8 hours, or until chicken is cooked through.
3. Shred Chicken and mix with remaining BBQ sauce in slow cooker.
4. Enjoy!