

Slow Cooker BBQ Shredded Chicken



Ingredients:

- 1 pound boneless skinless chicken breasts
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 teaspoon dried onion flakes
- 1 cup barbeque sauce

Directions:

1. Place all ingredients, except the barbeque sauce, in a slow cooker.
2. Cook on low 3-4 hours.
3. Pour in barbeque sauce and shred chicken between two forks.
4. Cook 1 additional hour.
5. Serve on whole wheat buns.

Makes 4 servings.



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