

SLOW COOKER PULLED BBQ CHICKEN

Ingredients

- 1 15-oz can tomato sauce
- 2 tablespoons honey
- 4 tablespoons molasses
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 3 tablespoons apple cider vinegar
- 1 teaspoon salt
- 1 ½ pounds boneless, skinless chicken breasts

Instructions

1. Combine tomato sauce, honey, molasses, onion powder, garlic powder, smoked paprika, vinegar and salt in a [slow cooker](#), stirring until well combined.
2. Add the chicken, spooning some of the tomato mixture over to cover.
3. Cook on low for 4 hours.
4. Remove the chicken, shred with two forks, then add back to the slow cooker, stirring to combine.
5. Serve the pulled chicken on whole wheat or gluten free buns, in lettuce wraps, or in rice bowls.

Serves 4.

Notes: I used a [6-Quart Slow Cooker](#) for this recipe.