



## Crockpot BBQ Shredded Chicken

Every time I share pictures or videos of my shredded chicken on Instagram I get flooded with recipe requests. So I FINALLY got around to writing it 😊 lol This is a great recipe for bulk protein with minimal effort. HERE YOU GO! Make sure to hit the DOWNLOAD MEDIA button to save the recipe. As always, tag me on Instagram [@teddygrams84](https://www.instagram.com/teddygrams84) and show me how your chicken came out. Hope you guys dig it.

### Ingredients:

- 1 medium red onion
- 2 tbsp minced garlic
- 2 tbsp extra virgin olive oil
- 2 tbsp diced chipotle peppers
- 1 cup G Hughes Sugar Free BBQ Sauce
- 3lbs chicken breast (organic if you can)
- Dry seasoning of choice (I use calorie free)
- Sea Salt

### Directions:

**Step 1** – wash your chicken breast, dry, and coat with 2 tbsp extra virgin olive oil.

**Step 2** – coat your chicken with sea salt and your dry seasonings. Place all your chicken in a bowl or tray, cover it with aluminum foil and let it marinate in the fridge overnight.

**Step 3** – coat your slow cooker with nonstick spray or use a slow cooker bag for easy cleanup. Dice up your onion and layer the bottom of your slow cooker.

**Step 4** – add in your chicken breast on top of the onions.

**Step 5** – add in the minced garlic, chipotle peppers, and the BBQ sauce. Try and coat / cover the all the chicken.

**Step 6** – close the lid on your slow cooker and set it to 5-6 hours on High or 7-8 hours on low.

**Step 7** – with 1.5 hours left remove the chicken from the slow cooker (do not turn it off). Now take 2 forks and shred all the chicken. Place the chicken back into the slow cooker to soak up all the flavor for the remaining hour and a half.

**This yields 10 (ten) 5.0 oz servings of shredded chicken**

**Total Macros:** 290g P 42g C 66g F

**Macros Per Serving:** 29g P 4.2g C 6.6g F per 5oz chicken

**Note\*** Feel free to adjust the serving sizes of ingredients to meet your macronutrient needs!