

SLOW COOKER BARBECUE CHICKEN

INGREDIENTS

- 4 chicken breasts (can use frozen)
 - 2 cups ketchup
 - 4 tbsp. brown sugar
 - 1 tbsp. Worcestershire sauce
 - 1 tbsp. soy sauce
 - 1 tbsp. vinegar
 - ½ tsp. garlic powder
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PREPARATION

Mix all ingredients (except chicken) in slow cooker. Add the chicken, coating each piece in sauce. Cook on high for four hours. Remove chicken and shred/pull with forks. Return to pot and stir in sauce to coat. Serve on toasted buns.

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