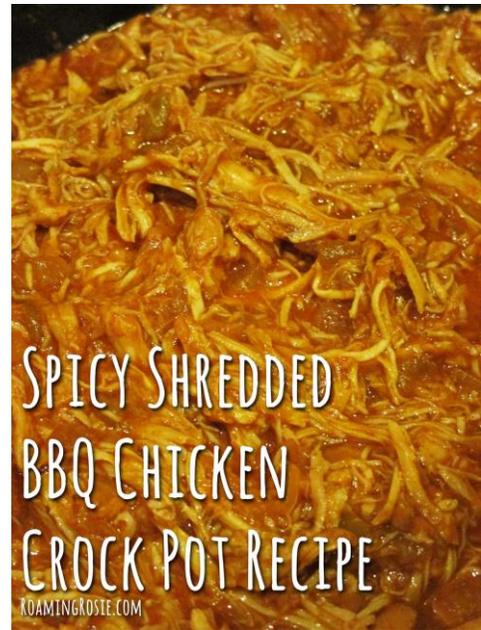


## Shredded Spicy BBQ Chicken Crock Pot Freezer Meal

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### Ingredients:

2 to 3 lbs. boneless skinless chicken thighs  
1 sweet onion, diced  
3 to 4 garlic gloves, diced or pressed  
8 oz. can tomato sauce  
4 oz. can diced green chilies, drained  
1 tablespoon tomato paste  
3 tablespoons cider vinegar  
2 tablespoons honey  
1 tablespoon Worcestershire sauce  
1 tablespoon sweet or smoked paprika  
2 teaspoons dry powdered mustard  
1/2 teaspoon sea salt



Label two gallon-sized freezer plastic bags with the instructions: **Shredded Spicy BBQ Chicken. Cook on low 5-6 hours (or high 3-4 hours). Remove chicken, shred, return to sauce, stir, serve.**

Evenly distribute all of the ingredients between both bags; for example half the chicken (even if you have to cut one thigh in half), 4 oz. of tomato sauce, 1 ½ tablespoons cider vinegar, et cetera, in each.

Gently massage the bag to mix the ingredients and press out as much air as you can before sealing. Lay the bags flat in the freezer, on a box or tray, and allow to freeze solid. Then you can stack them or store them upright until ready to use.

When ready to eat, dump the contents of the bag into a crock pot. You can run the closed plastic bag under cool water in the sink for a few minutes to make it easier to break it up. Put the lid on the crock pot and cook for 5 to 6 hours on low or 3 to 4 hours on high.

Remove the chicken to a plate or bowl and shred it with two forks. Allow it to cool first, if you need to. Return the shredded chicken to the crock pot and stir well. Serve or put on the “keep warm” setting until ready to eat.

Serving suggestions: over rice, inside hamburger buns, inside tacos or burritos, on a salad, or all by itself.

This recipe makes two bags/dinners. Each bag serves 6 to 8 people.

