



PREP TIME: 20 MIN COOKING TIME: 35 MIN

Ingredients

- ½ tsp brown sugar (optional)
- 4 grilled chicken breasts
- 1 ½ cups low sodium chicken broth
- 1 bay leaf
- ½ small white onion, thinly sliced
- 1 tbsp **BBQ Spice Blend** (see page 2 for recipe)
- 2 tbsp low sodium tomato paste
- 1 tsp dry mustard (can substitute with 1 tsp regular mustard)
- ½ tbsp salt (to taste)

Easy Pulled BBQ Chicken

Directions

1. In a bowl, combine the following ingredients: low sodium chicken broth, bay leaf, sliced white onion, **BBQ Spice Blend**, tomato paste and mustard. Mix until thoroughly combined. This is your BBQ poaching liquid.
2. Place chicken breasts in a large pot without stacking them on top of each other.
3. Pour your BBQ poaching liquid over the chicken.
4. Place on stove top and bring to a rapid boil on medium high heat.
5. Turn heat down to a gentle simmer, cover with lid and let simmer for approximately 10 minutes. Use a meat thermometer to make sure your meat is completely cooked through at 165 degrees Fahrenheit before moving on to the next step.
6. Allow chicken to steep in BBQ poaching liquid. (Tip: Steeping allows your chicken to absorb all the flavor of the BBQ poaching liquid without drying out.)
7. Remove chicken from BBQ poaching liquid and save the liquid in the pot.

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8. Shred the chicken using one of these two techniques:
 - a. When your chicken is cool to the touch, place on cutting board. With a fork in each hand, pull the chicken apart into small pieces by placing the tines of the fork into the meat and pulling in opposite directions.
 - b. While the chicken is still warm, place in a bowl. With a hand mixer, slowly beat the chicken using the paddle attachment at a low setting until shredded, approximately 20-30 seconds. Adjust speed and time as needed. *(Tip: This will not work if the chicken cools completely.)*
9. Once chicken is shredded, add it back to the BBQ poaching liquid in the pot and reheat, approximately two minutes.

Yield: 4 servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.