



BAR-B-QÜE SHREDDED CHICKEN

From the kitchen of Mom Dudley

Ingredients:

4 lbs chicken breasts boneless, skinless
(NOTE 1)
¼ cup water
3 tbsps Worcestershire sauce
3 tbsps vinegar any type
1 tspn cumin
28 oz. bottled barbecue sauce hold this
for the 2nd phase (see instructions!)

Directions:

Place chicken, water, Worcestershire sauce, vinegar and cumin in slow cooker set on "Low."
Cook for 6 hours.
Drain juices.
Shred chicken right in the slow cooker using two forks to pull it all apart.
Pour in barbecue sauce, stir to combine.
Cook on "Low" for an additional hour.
Serving Suggestion: Serve on buns with coleslaw. Serves 8-10.

Notes

Can substitute boneless pork or beef.
Use any bottled barbecue sauce of your choosing.
Refrigerate leftovers in a tightly closed container for up to a week.