



# Lunch Recipes

## BBQ Pulled Chicken (Crockpot Recipe)



### Ingredients:

- 2 pounds of Organic boneless skinless chicken breast (trim the fat)
- 1/3 cup Stubb's BBQ Sauce (this is a low sugar BBQ and tastes great!)
- 1/2 cup Water
- 1 tbsp Brown sugar
- 1/2 tsp Chili powder
- 1/2 tsp Onion powder
- 1/2 tsp Salt
- 1/2 tsp Pepper

### Directions:

1. Make rub by combining brown sugar, chili powder, onion powder, salt and pepper
2. Rub the seasoning mixture onto the trimmed chicken breasts and place into the crockpot
3. Pour Stubb's BBQ sauce over the chicken breasts (cover both sides of the breast)
4. Add 1/2 cup water to the crockpot
5. Bake on low for 6 hours
6. Shred with a fork

**ENJOY!**

Serving size is 4oz, makes 6 servings

### Nutrition Information:

**1 serving (4oz): 159 calories, 21 grams protein, 4 grams carbs, 5 grams fat**

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