



Lunch Recipes

Buffalo Chicken (Crockpot Recipe)



Ingredients:

- 2 pounds organic boneless, skinless chicken breasts
- 1 chopped onion
- 3 Tbsp minced garlic
- 16 oz organic low sodium chicken stock
- 1 12 ounce bottle of Frank's Red Hot Sauce
- Tabasco To taste

Directions:

1. Place chopped onion and minced garlic at the bottom of the crockpot. Place chicken on top. Then cover with low sodium chicken stock.
2. Cover chicken with Frank's hot sauce (add Tabasco if you would like additional spice)
3. Cook on low heat for 7 hours.
4. Once cooked, set aside 1/2 cup of broth and pour out the remaining.
5. Return chicken and 1/2 cup of saved broth to crock pot and cook on high heat for an additional 30 minutes.
6. Enjoy!

Serving size is 4oz, makes 6 servings

Nutrition Information:

1 serving (4oz): 110 calories, 24 grams protein, 3 grams carbs, 3 grams fat

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