

Shredded Barbecue Chicken

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Ingredients

4 large boneless skinless chicken breasts, cooked and shredded
1 1/2 cups ketchup
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1 tablespoon apple cider vinegar
1 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder
8 buns

Directions

Place chicken breast in the crockpot and cook on high about 3 hours. When done, shred.

Stir together all the sauce ingredients. Add the shredded chicken stir, and heat.

Serve on buns.