

Easy BBQ Chicken Sandwiches (Oven or Slow Cooker)

Super simple shredded barbecue chicken for sandwiches or over rice

Yield:

6 servings

Ingredients:

4 large or 6 medium chicken breasts (2.5 to 3 pounds)*

1 large onion, diced

2-3 cups barbecue sauce of your choice**

6 sandwich buns or hot freshly cooked rice, for serving

Instructions:

1. Trim fat and skin from chicken. (If using split chicken breast, remove bone as well.)
2. Layer chicken, onions, and sauce into a 9×13-inch baking dish or into a slow cooker.

Oven directions (best for BBQ chicken sandwiches!):

Cover dish with foil and bake at 350 degrees for 60 minutes. Uncover and bake 30 minutes longer, or until sauce is thick.

Use two forks to shred the meat. Spread on sandwich buns and serve hot. Or, serve over rice.

Slow cooker directions (best for BBQ chicken with rice!):

Cook on HIGH for 4 hours or on LOW for 7-8 hours.

Depending on the kind of sauce you used, the sauce could be rather thin by the end, so I like to vent the lid slightly for the last hour of

the cooking time.

Serve chicken and sauce over hot rice, or shred the meat and use for sandwiches (there will be excess sauce if using this for sandwiches).



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Additional Notes:

* I have used split chicken breast, boneless skinless chicken breast, or a combination of thigh and breast meat.

**We LOVE Sweet Baby Ray's original or honey barbeque sauces! Really, using a good sauce is what makes or breaks this recipe.

This recipe is from Tammy's Recipes.