



## Slow Cooker Barbecue Pulled Chicken Sandwich

Makes 8 Sandwiches

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chilies, drained
- 3 Tablespoons cider vinegar
- 2 Tablespoons honey
- 1 Tablespoon sweet or smoked paprika
- 1 Tablespoon tomato paste
- 1 Tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile (or Tabasco)
- ½ teaspoon salt
- 2 ½ pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 8 whole wheat hamburger buns

- Stir tomato sauce, chilies, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
- Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
- (optional step- Cook uncovered 15-20 minutes to reduce sauce volume)
- Transfer chicken to a cutting board and shred with a fork. Return chicken to the sauce, stir well. Serve on whole-wheat buns.

Recipe adapted from *Eatingwell.com*.

### Nutritional Information (per sandwich):

Calories: 330

Fat: 9g

Saturated Fat: 3g

Carbohydrates: 27g

Fiber: 4g

Protein: 30g