



## Slow-Cooker Sloppy Joe Chicken



1/8th of recipe (about 3/4 cup): 182 calories, 2.5g total fat (0.5g sat. fat), 366mg sodium, 17.5g carbs, 3g fiber, 10.5g sugars, 21.5g protein

**Prep:** 15 minutes    **Cook:** 3 - 4 hours on high or 7 - 8 hours on low

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

2 1/2 cups canned crushed tomatoes  
1/4 cup tomato paste  
2 tbsp. red wine vinegar  
2 tbsp. Worcestershire sauce  
1 tbsp. honey  
1 tbsp. molasses  
1 1/2 lbs. raw boneless skinless chicken breasts, halved  
1/2 tsp. each salt and black pepper  
2 cups chopped onions  
2 cups chopped red bell peppers

### Directions

In a slow cooker, combine crushed tomatoes, tomato paste, vinegar, Worcestershire sauce, honey, and molasses. Stir to mix.

Season chicken with salt and black pepper, and add to the slow cooker. Top with onions and bell peppers. Mix well.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is cooked through and veggies have softened.

Transfer chicken to a large bowl. Shred with two forks.

Return shredded chicken to the slow cooker, and mix well.

#### MAKES 8 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.