



## BBQ Ranch Slow-Cooker Chicken



1/5 of recipe (about 2/3 cup): 200 calories, 3g total fat (0.5g sat. fat), 509mg sodium, 15g carbs, 0.5g fiber, 11g sugars, 26g protein

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**Prep:** 5 minutes    **Cook:** 3-4 hours or 7-8 hours



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### Ingredients

1 1/4 lb. raw boneless skinless chicken breast  
1 tbsp. ranch dressing/dip seasoning mix  
1/2 cup BBQ sauce  
1/2 cup reduced-sodium chicken broth  
1 cup chopped onion

**Serving suggestions:** lettuce cups, whole-wheat pita, cauliflower rice

### Directions

Spray a slow cooker with nonstick spray. Add chicken, and season with ranch seasoning mix.

In a small bowl, mix BBQ sauce and broth until uniform. Pour over chicken, and top with onion.

Cover and cook on high for 3-4 hours or on low for 7-8 hours, until chicken is fully cooked and onion is tender.

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

Return shredded chicken to the slow cooker. Mix well. Serve with a slotted spoon to allow excess sauce to drain.

MAKES 5 SERVINGS

**HG Tip:** Store leftover chicken in the sauce to keep it moist and flavorful.

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