



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

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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

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