



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



Tagged: [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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.