



## Slow-Cookin' BBQ Chicken



1/7th of recipe (about 1/2 cup): 149 calories, 1g total fat (0.5g sat fat), 462mg sodium, 10g carbs, <0.5g fiber, 9g sugars, 22.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 3 to 4 hours *or* 7 to 8 hours

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



### Ingredients

- 1 cup canned tomato sauce
- 1/2 cup ketchup
- 2 1/2 tbsp. brown sugar (not packed)
- 2 1/2 tbsp. cider vinegar
- 2 tsp. garlic powder
- 1 1/2 lbs. raw boneless skinless chicken breasts, halved
- Optional seasoning: red pepper flakes

### Directions

In a slow cooker, mix all ingredients *except* chicken. Add chicken and stir to coat.

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

Transfer chicken to a large bowl. Shred with two forks--one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the slow cooker and mix well. Eat up!

MAKES 7 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.