

# Cooking Encounters with H.B.

## Crockpot BBQ Chicken

### You will need:

- Crockpot aka: Slowcooker
- 1/4 tsp measuring spoon
- 2-small bowls & something to mix with
- 1 - cup measuring cup

### Ingredients:

- 6-8 boneless chicken breasts or thighs
- 1/4 tsp each of:  
salt, ground black pepper, garlic powder & paprika
- 1 cup BBQ sauce
- 1 tsp Worcestershire sauce



### Instructions:

- Preheat crockpot on high while gathering ingredients
- Combine: salt, pepper, garlic powder & paprika in a small bowl then rub on the chicken
- Place chicken in bottom of crockpot
- Combine: bbq sauce & Worcestershire sauce in a small bowl & pour over the chicken
- Cover and cook on high 3 - 4 hours; low 6 - 8 hours



# Cooking Encounters with H.B.

## **Crockpot BBQ Chicken**

### Serving Options:

- Serve with your favorite side:  
baked potato, fries, sweet potato  
rice or quinoa  
tossed salad, pasta salad
- The possibilities are numerous.

Check out HB's **Dill Pasta Salad** Recipe: You can find it under the "side dishes" tab at Cooking Encounters with HB.

<https://alongsidedcreations.com/health-wellbeing/>

