

# RECIPE: Pulled BBQ Chicken

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## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Add freezer bag contents into slow cooker.

**Step 3:** Cook on low 4-6 hours.

**Step 4:** Remove chicken, shred, and stir back into the slow cooker.

**Step 5:** Serve over rice, on a bun, or over a salad.

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water to Instant pot.

**Step 2:** Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** Remove chicken, shred, and stir back into the slow cooker.

**Step 4:** Serve over rice, on a bun, or over a salad.

***Expiration date:*** \_\_\_\_\_



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