

# Crock Pot Buffalo Chicken

I have a real problem with breasts. Even when they are big and juicy, I just don't like them.

Haha, now that I have your attention, let me explain. I'm not really a fan of boneless, skinless chicken breasts. I know that they are healthy and lean and great protein, but I just don't love the texture or the challenge of cooking them. When we grill them, I always feel like they get too done on the outside to make sure that they are cooked all the way through. In the oven, they just have too much of a tendency to dry out. So of course– I cook mine in the crock pot so that they stay moist and soft.

I thawed out a package of four chicken breasts and after staring at them for three days in the refrigerator, I knew I either had to cook them or throw them out. So here's what I did... I cooked them, I shredded them, I covered them in hot sauce and I served them on a bun with some cheese and ranch dressing. THERE WERE NO LEFTOVERS!!! It worked! I like (chicken) breasts!

I used a bottle of Ken's Steakhouse Buffalo Wing Sauce on my chicken, but if you'd rather have barbeque sauce or even something sweet like teriyaki, it would work well for this recipe. We really like chicken wings at restaurants, but it makes such a mess to fry them at home– this recipe gives the flavor without the mess or the fat. When you cook the chicken in the apple juice, it gives it a little extra zing and then the sauce just saturates the meat with flavor. Enjoy!!



1.5-2 lbs boneless, skinless chicken breasts

3/4 c. 100% apple juice

1 bottle Ken's Steakhouse Buffalo Wing Sauce

(hot dogs buns, cheddar cheese, ranch dressing... and celery sticks on the side, of course!)

Put chicken breasts in crock pot, then pour apple juice in. Cook on high for three hours. Use a baster to remove the excess liquid, then using two forks or a fork and a knife, shred the meat in the crock pot. Pour sauce in next and stir until all meat is coated. It's hard to say exactly how many ounces of sauce because it depends on how much meat you used. But add a little sauce at a time until you have enough, but the meat isn't swimming. Cook for one more hour on low. Serve meat on a hot dog bun with cheese and ranch (or blue cheese) dressing.