

Carolina Pulled Chicken

PREP TIME:

5 minutes

COOKING TIME:

LOW: 6-8 hours
or
HIGH: 3 hours

SERVES:

6



INGREDIENTS:

2 1/2 lbs chicken thighs, boneless, skinless

1 Smoky BBQ blend

1/4 cup cider vinegar

dipping sauce (optional)

1/2 cup / 4 fl oz cider vinegar

1/4 cup / 2 fl oz water

2 tbsp tomato ketchup

1 tbsp brown sugar

1/2 tsp red pepper flakes

1/4 tsp salt

dash of tabasco

PREPARE:

rub the chicken with the Smoky BBQ blend; transfer to the slow cooker or refrigerate overnight

add the cider vinegar to the chicken

cover and cook on LOW: 6-8 hours or HIGH: 3 hours

shred the chicken in the slow cooker using 2 forks

mix the remaining ingredients for the dipping sauce in a small jug or use your favorite BBQ sauce

serve on a toasted pretzel or brioche bun, drizzle with sauce, serve with a side of fresh coleslaw

pair with an India Pale Ale, fresh lemonade or tart hard cider