



BBQ CHICKEN WITH POTATOES AND VEGETABLES

5 Servings | 40 minutes

INGREDIENTS

- 2 lbs of boneless chicken thighs or 10 pieces (Vegetarian? Omit the chicken and add more vegetables or try tempeh)
- 4 cups of broccoli
- 5 medium red potatoes
- ½ cup your choice of BBQ sauce (Primal Kitchen's Classic BBQ Sauce is a great low-sugar alternative)
- ½ cup ketchup (for a low-sugar alternative, omit the ketchup all together)
- ¼ cup olive oil
- Salt and pepper to taste

DIRECTIONS

1. Clean chicken thighs of any large chunks of fat.
2. Place your chicken thighs in large bowl and coat with the BBQ sauce, ketchup, and olive oil. If you're trying tempeh, slice your tempeh into smaller pieces and marinate as well (the longer the better).
3. For a char on your chicken, preheat oven to 475 degrees or turn on your grill to medium-high heat and allow it to warm up. If you don't prefer a char, lower the oven temperature to 425 degrees. For tempeh, preheat oven to 375 degrees and line a baking sheet with parchment paper. Add tempeh and reserve any leftover marinade to coat the tempeh once baked. Bake for 22-30 minutes until browned.
4. Chop your broccoli and place in a steamer basket for 8-10 minutes until tender.
5. Pierce each potato with a fork and microwave 2 at a time for 10 minutes, flipping halfway. You could also toss your potatoes in ½-1 tbsp of olive oil and place them on a baking sheet, roasting until tender and golden (check after 20 minutes).
6. Mix your chicken around one more time to re-coat the thighs. Cook for 8 more minutes on the grill or until the chicken reaches 165 degrees internally. If baking in the oven, bake at 475 degrees for 20 minutes or until the chicken reaches 165 degrees internally.

Place equal amounts of chicken (or tempeh), broccoli, and potatoes into 5 containers if meal prepping.