

3 lbs chicken breast, fresh or frozen

1 18oz bottle of lower sugar BBQ sauce

## Taco Tuesday!



- Place the ingredients in your crockpot. Set aside about  $\frac{1}{2}$  cup of BBQ sauce to add to chicken after it has cooked and been shredded.
- Cook on high for 3 hours or low for 5 hours. If your crockpot automatically changes to the "warm" setting when finished cooking, you can leave it longer in the crockpot until dinnertime.
- When chicken is done, place in a large bowl. Use 2 forks to pull chicken apart, shredding against the grain. Mix the BBQ sauce that was set aside earlier in with the shredded chicken.
- Serve immediately, save up to a week in the refrigerator or freeze in a freezer ziploc bag for later use.
- Serve with crunchy or flour tortillas and your favorite toppings!
- Topping suggestions: sour cream, guacamole, mild salsa, sliced olives, beans, corn, torn romaine lettuce, shredded cheese and freshly squeezed limes.