



CROCKPOT BUFFALO CHICKEN

PROTEIN (A)

INGREDIENTS

- 24 oz boneless chicken breast
- 1 celery stalk
- ½ onion, diced
- 1 clove garlic
- 16oz fat free low sodium chicken broth
- ½ cup hot cayenne pepper sauce (Frank's RedHot is a good choice)

DIRECTIONS

- 1** In a crockpot, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). Cover and cook on high 4 hours. Add cooked meat.
- 2** Remove the chicken from pot, reserve ½ cup broth and discard the rest. Shred the chicken with two forks, return to the slow cooker with the ½ cup broth and the hot sauce and set to on high for an additional 30 minutes.

SERVING SUGGESTION

Serve in lettuce wrap, on salad or with a side of veggies and enjoy!

Yields 6 Servings

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