



# BBQ Pulled Chicken

## Ingredients:

- 1 Tbsp. oil (vegetable or olive oil is fine)
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 tsp. smoked paprika
- 2 tsp. juice from a jar of sliced jalapenos (you can include some jalapenos, too, if you want!)
- 1 tsp. salt
- ½ tsp. pepper
- 2 lbs. boneless, skinless chicken thighs
- 1-2 lbs. boneless, skinless chicken breasts
- 1 (16 oz.) bottle of your favorite barbecue sauce (I love Sweet Baby Ray's)

## Directions:

Heat a large, oven-safe dutch oven over medium heat on the stove. Add the oil, then add the onion and let cook until they start to soften, about 3-4 minutes. Add the garlic and stir until fragrant, being sure not to burn it.

Once the onions and garlic are cooked, add the smoked paprika, salt, and pepper and stir around for a couple minutes.

Place the chicken into the pot along with the jalapeno juice (and slices, if using) and barbecue sauce. Stir to coat all of the chicken in sauce.

Pop the lid on the pot and place in a 300-degree oven for 2 hours.

After 2 hours, remove the dish from the oven. Shred the chicken and return it to the pot. Stir to combine the thickened sauce with the shredded chicken.

Serve immediately or allow to cool and then store in the fridge. Can be served hot or cold.