

Molasses Pulled Chicken Sandwiches

Ingredients

1/4 cup + 2 Tbsp ketchup
2 Tbsp cider vinegar
2 Tbsp yellow mustard
2 Tbsp molasses
1 1/2 tsp chili powder
1 tsp ground cumin
1/2 tsp ground black pepper
1/4 tsp ground ginger
12 ounces boneless, skinless chicken thighs
4 sandwich rolls, cut in half horizontally
Dill pickle chips

Directions

1. Combine first 9 ingredients in slow-cooker. Cook on low 6-8 hours, or until chicken is cooked through. (Alternatively, cook covered in medium saucepan over medium-low heat, stirring occasionally 23 minutes or until chicken is done.)
2. Remove chicken. Shred with 2 forks.
3. Place 1/2 cup chicken on bottom half of each roll. Top with 3 pickles and top half of roll.

Nutrition Information makes 4 servings

Per Serving

Calories: 300
Fat: 7 g
Cholesterol: 70 mg
Sodium: 800 mg
Carbohydrate: 33 g
Fiber: 2 g
Protein: 23 g



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