



Pulled BBQ Chicken

Prep Time: 20 minutes

Total Time: 40 minutes

Serves: 8

Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



Chicken is a lean meat, meaning that it is high in protein and low in unhealthy fats. Lean meats help you to keep your muscles and heart strong and healthy!

What kind of activities do you like to do with your strong muscles? Draw a picture of you doing your favorite things or write a short story!



Ingredients:

Chicken:

- 2 lbs boneless, skinless chicken thighs
- 2 Tablespoons dark brown sugar
- 1 teaspoon paprika
- 3/4 teaspoon ground cumin
- 1/2 teaspoon ground chipotle chili pepper
- 1/4 teaspoon ground ginger
- 1/8 teaspoon salt

BBQ Sauce:

- 2 teaspoon olive oil
- 1/2 cup finely chopped onion
- 1 Tablespoon dark brown sugar
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground pepper
- 1 cup ketchup
- 2 Tablespoon apple cider vinegar

Directions:

- Preheat the oven to 400 degrees Fahrenheit, and grease a baking sheet with olive oil or a nonstick cooking spray. If grilling, heat your grill to a medium-high heat.
- To prepare the chicken, mix together the dark brown sugar, paprika, cumin, chipotle chili pepper, ground ginger, and salt in a bowl. Rub all over the chicken until it is well coated, then put in the oven for 25-30 minutes until the chicken is fully cooked. If grilling, put on the grill for 15 minutes.
- Let the chicken sit for 5 minutes once it is cooked and then shred it into small pieces with two forks.
- To make the sauce, while the chicken cooks, heat olive oil in a medium sized sauce pan over medium heat. Add onion, cooking for 5 minutes or until tender, stirring occasionally.
- Stir in sugar, chili powder, garlic powder, dry mustard, allspice, and pepper. Let cook for 30 seconds.
- Stir in ketchup and vinegar and bring to a boil. Reduce heat and simmer 10 minutes or until slightly thickened, stirring occasionally.
- Stir in the chicken and cook for 2 minutes.
- Try enjoying it with some fresh veggies or on a whole wheat bun. Enjoy!