

Pulled BBQ Chicken

This pulled BBQ chicken is the ultimate low-maintenance meal prep—so easy, you can even make it in a rice cooker right in your dorm room! Packed with tender chicken, sweet and savory onions, and plenty of protein, it's a rock-solid dish that's as satisfying as it is simple. Serve it on a bun, over rice, or alongside your favorite veggies for a no-fuss meal that delivers big on flavor.

INGREDIENTS

4 large boneless chicken breasts
1 teaspoon salt
1/2 lemon , juiced
3 tablespoons extra virgin olive oil, for marinade
2 large yellow onions, thinly sliced
1 pint crimini mushrooms, halved
1/3 cup water
1 1/2 cups BBQ sauce, Stubbs original

STEP 1

Preheat oven to 325°.

STEP 2

Coat chicken with salt and lemon juice, rinse under cold water and pat dry with a paper towel.

STEP 3

Prep onions and mushrooms. In large heavy bottomed pot (with cover), heat oil on medium and sauté onions only until tender, about 2-3 minutes. Add chicken breasts and lightly brown on either side, about 3-4 minutes per side.

STEP 4

Add mushrooms to pot then pour in BBQ sauce and water making sure the liquid is evenly distributed throughout pot. Cover pot and place in preheated oven. Bake for 40 minutes then uncover pot and bake for another 20 minutes. Remove from oven, chicken will be tender to touch. Shred with fork and knife. Use remaining BBQ sauce from jar if needed.

SERVES

4

TIME

🕒 1h

SHOPPING LIST

4 large boneless chicken breasts
salt
1 lemon
1 bottle extra virgin olive oil
2 large yellow onions
1 pint crimini mushrooms
1 bottle BBQ sauce, Stubbs original

EQUIPMENT

Dutch oven or heavy pot with cover
Rice cooker (follow recipe just use rice cooker instead of pot/oven; cook for one hour)

STORAGE

Store in the fridge for 3-4 days