

Main Dish

# Crockpot Buffalo Chicken



**Period of Time:** All time

## Ingredients

- 2 lbs raw boneless skinless chicken breasts (Chicken Breast: Category 1 - Lean Protein )
- 12 oz bottle of Frank's Wing Sauce (Frank's RedHot Buffalo Wings Sauce: Condiments, Freebies )
- 1 oz packet of Hidden Valley Ranch Salad Dressing Mix (Hidden Valley Ranch Salad Dressing Mix: Condiments, Freebies, Snacks, Salad Dressing )
- 2 tablespoons ghee butter (Ghee Clarified Butter: Cooking Fat, Healthy Fats )
- 2 cloves garlic, minced (Garlic: Freebies )

## Directions

1. Place the chicken breasts in your slow cooker.
2. Pour the bottle of wing sauce over the top of the chicken.
3. Sprinkle the packet of ranch mix over the top of the wing sauce.
4. Add your minced garlic to the slow cooker, making sure to cover it with sauce.
5. Place the lid on your slow cooker. Cook on LOW for 4-6 hours or until meat shreds easily.
6. Remove meat and shred it using two forks.
7. Return shredded meat to the sauce and add the butter. Stir to combine.
8. Continue to cook on LOW for another hour so the meat can soak up the sauce.

## Serving Notes

Use 1 hand rule for your portion. Serve alone or with a category 2 vegetable for a -2 WLM meal or serve with a category 2 bread for a -1 WLM meal. Adding a category 3 to either option would lower the WLM by 1. \*

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Added: Jan. 28, 2015