Lunch Serves 6 No Red Meat

## **Buffalo Chicken Sandwiches**

## Ingredients

Buffalo Chicken

- 1 bottle mild or spicy buffalo wing sauce (such as Frank's<sup>1</sup>)
- 3 to 4 lbs boneless, skinless chicken breast
- 1 small white onion, diced or chopped
- 1 to 2 green bell peppers, diced or chopped
- 2 to 4 cloves garlic, finely minced or crushed
- 1 package dry ranch salad dressing mix
- 2 tbsp salted butter

## Sandwich

- hoagie rolls, split lengthwise
- sliced Swiss, sliced provolone, or freshly grated Parmesan
- any additional desired sandwich toppings

## Instructions

Procure a crock pot with at least 1 gallon capacity.

- 1. Chop or dice the onion and green bell peppers to desired size and finely mince or crush the garlic.
- 2. Combine all the ingredients for the buffalo chicken in the crock pot—except for the butter.
- 3. Cook on low for 7 to 9 hours, until internal temperature of the chicken reaches  $165^{\circ}$ F.
- 4. Once cooked, shred the chicken. This can be done either with two forks or a large spaghetti spoon.
- 5. Add the butter to the shredded chicken and mix gently until completely melted.
- 6. To serve, toast hoagie rolls. Optionally, melt cheese and pepper onto rolls while toasting. Pile buffalo chicken on rolls and add any additional toppings.
- 7. If desired, keep buffalo chicken sealed in fridge for up to a week. Reheat covered in microwave, prepare sandwich as before.

 $<sup>^{1} \</sup>verb|https://www.franksredhot.com/en-us/products/franks-redhot-buffalo-wings-sauce | for the content of the$