



Noi's Pulled Buffalo Chicken

(CrockPot) Recipe

INGREDIENTS

- 6 tablespoons oil (2 of olive oil, 4 of sunflower oil)
+ additional olive oil if browning chicken
- 1/2 cup Frank's Original Hot Sauce
- 2 teaspoons tomato paste
- 4 teaspoons chile powder
- 3 teaspoons brown sugar
- 1/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1 cup chicken broth (approx. 1 small 14 oz. package of Pacific Brand broth)
- 2 pounds chicken (either 4 breasts, 8 cutlets or 2 packages of tenders - I get whatever's on sale)
- Corn starch

DIRECTIONS

- 1) Turn Crockpot on High
- 2) Combine first three ingredients in small mixing bowl and stir until fully mixed.
- 3) Whisk in the spices.
- 4) Whisk in chicken broth
- 5) Transfer to crockpot with heat on high
- 6) Brown chicken in additional olive oil (med heat: 6). Just brown it though- Don't completely cook or it gets tough (I've done cutlets and tenders raw and they cook in about 3 hours without browning)
- 7) Place browned chicken in crockpot and spoon sauce over to cover
- 8) Turn crockpot heat down and cook 3 hours on low.
- 9) After about 2.5 hours, you can thicken sauce: carefully remove chicken (it'll break apart easily) and whisk in cornstarch 1/2 tsp at a time until desired thickness
- 10) Replace chicken and use a fork to break it up until it's all "pulled" and soaking in sauce

SERVING SUGGESTIONS

- You can bake up some oven fries (slice white potato, coat with olive oil and sprinkle with a little garlic, salt and pepper)...
- or ladle over a baked potatoes...
- or use as an appetizer by serving with GFCF crackers (Glutino Garden Veggie are our fave)...
- or cut up a tray of celery "spoons" (trim and cut celery stalks in half, put a tablespoon of chicken on the fat end and top with some blue cheese dressing)