



SLOW COOKER "PULLED" CHICKEN

**Need one 9x11" or larger aluminum pan

Ingredients:

3 cups tomato pasta sauce

4 tbs balsamic vinegar

4 tbs brown sugar

4 tbs tomato paste

2 tbs Worcestershire sauce

4 garlic cloves, minced

2 onions, large, chopped

4 lbs boneless chicken thighs

Mix all ingredients, except chicken, in slow cooker insert. Once well combined and smooth stir in chicken. Season with salt & pepper. Cover and cook on low for 5 to 6 hours.

Cool. Cover once cooled.

Side: Roasted Red Peppers & Zucchini with Quinoa

2 red onions, cut in half then thinly sliced and placed in Ziploc bag

4 red peppers, sliced in strips then placed in Ziploc bag

4 zucchini, sliced (in circles) then placed in Ziploc bag

1 10-16oz bag of Quinoa

At Lifebridge we will combine veggies, toss with oil and salt then oven roast. We will also prepare Quinoa at Lifebridge. Please include prepared veggies, onions and Quinoa in a bag at drop off.

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