BUFFALO SHREDDED CHICKEN



INGREDIENTS:

- 1 jar of Primal Kitchen Buffalo Sauce
- 2 packages of organic chicken breast (3-4 breasts in each container)
- 1 tbsp of your favorite oil
- Water or bone broth (start with 1/2 cup and add as needed if the chicken looks dry when cooking)
- Green onion for garnish

NUTRITION PER SERVING:

- 206 calories
- 27g of protein
- 2g carbs
- 10g fat

DIRECTIONS:

Put all ingredients in your slow cooker for 4-5 hours, and shred with a fork. Add extra water or bone broth if chicken becomes dry or you like it thicker. You can eat it as is, put it on a sweet/regular potato, or salad, or use it as a dip - So good!

Makes 8 Servings