



# Honey BBQ Chicken Sandwiches

## Ingredients

- 1 cup Life Every Day ketchup
- ¼ cup Life Every Day honey
- ¼ cup spicy mustard
- ¼ cup water
- 2 tablespoons apple cider vinegar
- 1 tablespoon smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon ground cumin
- 2 teaspoons Life Every Day Worcestershire sauce
- ½ teaspoon jalapeño chile powder
- ½ teaspoon salt
- 2 lbs. boneless skinless chicken thighs
- Sandwich buns to serve

## Directions

In a medium bowl, whisk together the ketchup, spicy mustard, honey, water, apple cider vinegar, jalapeño chile powder, smoked paprika, garlic powder, onion powder, ground cumin, Worcestershire sauce, and salt.

Spray your slow cooker with cooking spray and place chicken in the bottom. Top the chicken with the sauce. Cook for 4 to 6 hours on low or until chicken is easy to shred.

Remove the chicken. Allow to cool slightly and then use forks to shred. Add reserved sauce from slow cooker to reach desired consistency.

Serve on toasted buns with coleslaw if desired.

*Makes 8-12 servings.*



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