

**Saucy Chicken**  
*pictured on pg. 27*

Chicken with an attitude!

**Slow Cooker, Oven, BBQ**

<b>Ingredient List</b>	<b>1 Meal</b>	<b>4 Meals</b>	<b>6 Meals</b>	<b>8 Meals</b>
Chicken Pieces (boneless, skinless thighs/breasts)	2 lbs	8 lbs	12 lbs	16 lbs
Water	3 tbsp	3/4 cup	1 1/8 cups	1 1/2 cups
Brown Sugar	1/3 cup	1 1/3 cup	2 cups	2 2/3 cups
Ketchup	1/3 cup	1 1/3 cup	2 cups	2 2/3 cups
Vinegar	2 tbsp	1/2 cup	3/4 cup	1 cup
Worcestershire Sauce	1 tbsp	1/4 cup	1/3 cup	1/2 cup
Onion Soup Mix (1 pkg or 3 tbsp)	1 pkg	4 pkgs	6 pkgs	8 pkgs
Zipper Bags (large)	1	4	6	8

**Method:**

1. Label bags:

**Saucy Chicken**  
**Slow Cooker** – 4 – 5 hours on high or 6 – 8 hours on low  
**Oven** – 1 hour covered at 350 F  
**BBQ** – over medium/high heat until inside of meat is white

2. Place 2 lbs of chicken into each zipper bag.
3. Combine remaining ingredients and distribute evenly among all bags. Remove excess air, seal bags and freeze.

**Hints:**

Substitute the water with apple, orange or pineapple juice. This will create a new taste based on the type of juice you choose. Experiment and discover your family's favorite.

This dish can also be stir-fried if you use bite-sized pieces of chicken.

**Serving Suggestions:**

Serve over rice to fully enjoy the sauce.

Try side dishes of fresh lettuce or fruit salad. Also try pita bread broiled with a small amount of oil, garlic salt and parmesan cheese on top. Cut into wedges.