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## Barbecue Pulled Chicken

- 1 8-Oz can reduced-sodium tomato sauce
- 1 4-Oz can chopped green chiles, drained
- 3 TBSP cider vinegar
- 2 TBSP honey
- 1 TBSP sweet or smoked paprika
- 1 TBSP tomato paste
- 1 TBSP Worcestershire sauce
- 2 TBSP dry mustard
- 1 TSP ground chipotle chile
- 1/2 TSP salt
- 2 1/2 Lbs boneless, skinless chicken thighs, trimmed of fat
- 1 Small onion, finely chopped
- 1 Clove garlic, minced

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve.

Makes 8 servings

Total Time: 5 1/2 hours

