

Hungry Girl Pulled Chicken

1 1/2 pounds of chicken breast

1 cup canned tomato sauce

1/2 cup ketchup

2 tablespoons + 2 teaspoons apple cider vinegar

2 tablespoons + 2 teaspoons brown sugar

2 teaspoons garlic powder

optional: red pepper flakes to taste

Place all ingredients into a slow cooker. cook on low for 8 hours. check often and stir if needed. shred chicken with 2 forks.

serve with cole slaw

YUMMO