

Slow Cooker Barbecue Chicken with Bell Peppers and Onions

Tender chicken tenders with barbecue sauce bell peppers and onions.

Prep Time	Cook Time	Total Time
10 mins	6 hrs	6 hrs 10 mins



4.67 from 6 votes

Course: Main Course Cuisine: American

Keyword: barbecue chicken Servings: 8 Calories: 207kcal

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Equipment

- Slow Cooker - 5 quart or larger

Ingredients

- 2 lbs. chicken tenderloins
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 white onion, sliced
- 1 cup barbecue sauce
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. soy sauce
- 1 pinch red pepper flakes

Instructions

1. Add everything to the slow cooker and stir.
2. Cover and cook on LOW for 6 hours without opening the lid during the cooking time.
3. Serve over rice if desired.

Notes

Nutritional values are approximate. If you require a special diet, please use your own calculations. Values below are for 1/8 of the recipe.

Nutrition

Calories: 207kcal | Carbohydrates: 18g | Protein: 24g | Fat: 3g | Cholesterol: 72mg | Sodium: 639mg | Potassium: 609mg | Sugar: 13g | Vitamin A: 200IU | Vitamin C: 42.3mg | Calcium: 28mg | Iron: 1mg

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