



Crock-pot Sweet Garlic Chicken Baked Potato



Ingredient List

4-6 skinless chicken breasts, or thighs
(remove bones before serving)
4 large baked potatoes
3/4 cup packed brown sugar
2/3 cup vinegar (I used apple cider vinegar)
1/4 cup lemon-lime soda - Winn-Dixie Chek Key Lime Soda
3 Tablespoons minced garlic
2 Tablespoons soy sauce
1 teaspoon fresh ground pepper
hot sauce or red pepper flakes - optional

Steps

Spray slow cooker with non-stick cooking spray. Place chicken (frozen, thawed or fresh) inside slow cooker. In a bowl mix brown sugar, vinegar, soda, garlic, soy sauce, and pepper together. Pour over chicken. Cook on low for 6-8 hours or high for 4 hours.

Turn the chicken over and stir the sauce a few times while cooking. You'll know it is finished when your chicken basically shreds to pieces.

Then spoon chicken pieces and sauce over a perfectly baked potato. Sprinkle red pepper flakes or hot sauce if desired. Enjoy!