

BBQ Pulled Chicken (Easy, Hands-Off Dinner)

If you need a dinner that doesn't require standing over the stove or turning on the oven, this is one of those go-to meals that just works.

Tender pulled chicken tossed in BBQ sauce – perfect for sandwiches, bowls, wraps, or whatever your night looks like. It's simple, flexible, and exactly the kind of dinner that helps take the stress out of busy days.


Ingredients

- 2 lbs boneless, skinless chicken breasts **or** chicken thighs
(thighs have more flavor and stay extra juicy 🍷)
- 1-1½ cups BBQ sauce (your favorite)
- 1/2 cup chicken broth or water
- 1 tbsp brown sugar (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper

Directions

[Pressure Cooker](#) (my personal favorite 🍷)

1. Add chicken, seasoning, and broth
2. Cook on HIGH pressure for 10–12 minutes
3. Quick release
4. Shred

 Stir in BBQ sauce after shredding

Why I love this option 🍷

It's quick, hands-off, and you can cook the chicken straight from frozen – which makes it perfect for those nights you forgot to take something out.

👉 Slow Cooker (set it and forget it ❤️)

1. Add chicken to the slow cooker
2. Season with salt, pepper, garlic powder, and onion powder
3. Pour in broth (no BBQ sauce yet)
4. Cook:
 - LOW: 6–7 hours
 - HIGH: 3–4 hours
5. Shred the chicken

👉 Add BBQ sauce **after shredding** and stir to combine

💡 Why add the sauce after? ❤️

- Keeps the chicken more versatile
- Makes it easy to **cook once, eat twice**
- Use some plain for another meal (tacos, bowls, salads), then sauce the rest

👉 Shredding shortcut ❤️

Use your [Salad Choppers](#) right in the pot or bowl – super fast and way less mess

🍴 How to Serve

- Sandwiches or sliders
- Over rice or in bowls
- Wraps or tacos
- On baked potatoes

💡 Melanie's Tips ❤️

- Use thighs for more flavor, breasts for a leaner option
- Double the batch and save half for later in the week
- Store in the fridge 3–4 days or freeze for later
- Add coleslaw on top for an easy upgrade

🔥 **Optional: Add a little heat** 💜

If you like a little kick, stir in one of these when you add the BBQ sauce:

- A few dashes of hot sauce
- 1/2–1 tsp crushed red pepper flakes
- A pinch of cayenne

Start small and adjust to your taste — a little goes a long way

💜 **Why this one works for those busy nights**

- ✓ Hands-off cooking
- ✓ Minimal prep
- ✓ Flexible for multiple meals
- ✓ Perfect for busy weeks
- ✓ Works even if you forgot to thaw the chicken

See the [salad choppers](#) in action on my YouTube channel,

<https://youtu.be/9TwugM3-7s4?si=qObL-u94FSolfChy>

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