

Frickin' Kick Butt Chicken

This staple recipe has become a family favorite. It is also a recipe that is on my meal program. The same program that helped Kelly transform her metabolism and waistline. It also helped her husband shed a few pounds since all of the meals are amazing. Click the image to hear her success story and scroll down to schedule an appointment to meet with me to discuss how to my program works!

This chicken dish is my favorite. It's easy, fast, and versatile. It is something you can make in advance and keep in the fridge. You can use this to make a wrap, a sandwich, use it to top a salad, or serve it with some veggies or with some rice!

Ingredients

- 3 pounds Boneless Skinless [Chicken Breasts](#) fresh or thawed
- 12 ounces Frank's RedHot Wings Buffalo Sauce {1 bottle}
- 1 ounce Hidden Valley Ranch Seasoning Mix
- 1- 8oz package of light or fat free or dairy free cream cheese



Instructions

- Cook chicken in [Crockpot](#) on HIGH for 3 hours or LOW for 6 hours {covered}
- After 3 hours on HIGH or 6 hours on LOW, drain juices from Crockpot
- Add together Buffalo Sauce, cream cheese and Ranch Seasoning Mix
- If making Chicken Breasts: Pour mixture over chicken, and cook on high for 30 more minutes on HIGH {covered}, or until done.
- If making sandwiches: Remove chicken, and shred chicken with 2 forks. Place shredded chicken back in Crockpot and pour sauce mixture over chicken. Stir and cook on HIGH for 30 more minutes {covered}, or until done. Drain extra liquid to avoid extra sodium and calories.
- Garnish with chopped [Green Onions](#) or add a seeded bun for a sandwich and ENJOY!

Instant Pot Instructions

Add all ingredients to Instant Pot. Cook for 20 minutes and slow release. Shred chicken when it's done. Drain extra liquid to avoid extra sodium and calories. Serve and enjoy!

