

Slow Cooked Buffalo Chicken*from Once a Month Mom*

3 lbs boneless, skinless chicken
12 oz buffalo wing sauce
1 oz dry ranch dressing mix

Place chicken, Buffalo sauce, and Ranch mix in a slow cooker. Cook on high 3-4 hours or low 5-6 hours or until meat easily shreds with two forks (time will depend on how many servings you are making.). Shred and serve shredded meat in toasted deli rolls, on nachos, over hot cooked noodles or rice, etc. *You may want to add a touch more Buffalo sauce to the cooked meat when you serve, to taste.

Prepare meat as above and allow to cool after shredding. Portion into freezer bags, seal, label, and freeze. To serve: Reheat in microwave, stovetop, or slow cooker until warm and serve in toasted deli rolls, on nachos, over hot cooked noodles or rice, etc.

Alternative: place chicken, sauce, and dressing mix in freezer bags. Seal, label, and freeze. To prepare: Thaw. Place contents of bag in slow cooker and cook on low 6-7 hours or until meat easily shreds with two forks. Serve as indicated.