

Serves 8 • Serving size: 2 sliders



PREP: 5 minutes
COOK: 25 minutes

date
me

Tupperware®

BBQ Chicken SLIDERS

2 8-oz./225 g boneless, skinless chicken breasts
16 slider buns

Southwest BBQ Sauce

½ medium onion, chopped using Chop 'N Prep Chef
1 tbsp. dark brown sugar
1 tbsp. Southwest Chipotle Seasoning
1 cup ketchup
2 tbsp. apple cider vinegar

1. Place chicken breasts into base of Tupperware® SmartSteamer. Fill water tray to minimum fill line. Place steamer base on water tray, cover and microwave on high 18–22 minutes.
2. While chicken cooks, prepare Southwest BBQ Sauce by stirring together all sauce ingredients in 1-Qt./1 L Micro Pitcher.
3. When chicken finishes cooking, allow to rest, covered, 5 minutes before removing and cutting into cubes.
4. Cover and microwave BBQ sauce on high power 3 minutes.
5. Combine chicken and sauce in base of Quick Chef® Pro System fitted with blade attachment, cover and turn handle until chopped and well combined. Serve on slider buns.

Nutritional Information (per serving):

Calories: 90 Total Fat: 1g Saturated Fat: 0g Cholesterol: 25mg Carbohydrate: 11g Sugar: 10g Fiber: 0g Protein: 10g Sodium: 610mg Vitamin A: 4% Vitamin C: 2% Calcium: 0% Iron: 2%

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