

## **BBQ Chicken Sliders** – an “Old Family Recipe” (invented last week...)

Note: this can be made days in advance and then reheated on party day.

### **Chicken:**

3 lbs frozen chicken breast  
1 large onion  
1 Tbsp minced garlic  
2 Tbsp butter  
12 oz Kinders (Costco) BBQ sauce  
1 Tbsp Costco “Sweet Mesquite Seasoning” (pepper)  
1 cup chicken broth (or B’cube).

partially defrost the chicken; cut into thirds cross-grain.  
chop onion; sauté in butter; add garlic and sauté.

In the InstaPot, add all ingredients;  
pressure cook on high for 5 min and then let it cool down to depressurize (~ 1 hr total).

Remove the chicken to a cutting board.  
Run the InstaPot in “sauté” mode to boil off excess water from sauce as needed.  
“Pull” (shred) the chicken, using fork(s) and/or wooden spoons/spatulas;  
add back in with the reduced sauce; stir; and remove to storage bowl/dish for cooling.

### **Slaw:**

1/2 small cabbage  
couple carrots, scrubbed or peeled  
1 jicama, peeled  
1 cup mayo  
1/4 cup vinegar  
2 Tbsp chopped cilantro  
2 Tbsp sugar  
1/2 tsp celery seeds

grate the veggies; place in large bowl and mix.  
mix mayo etc. to make dressing; toss w/ veggies; place in storage bowl.

### **Sliders:**

An hour before the event, move the chicken to an electric wok or skillet, set to low simmer to warm.  
Set out the slaw, a jar of **BBQ sauce**, and some **nacho pickled jalapeños**.  
At show time, toast **slider buns** on a **buttered** griddle.  
Assemble the sliders: bottom bun, BBQ sauce, chicken, jalapeños, slaw, top bun.

Enjoy!

~Larry Ames, 8/15/23