

Serves 8 • Serving size: 2 sliders

30
minutes

PREP: 5 minutes
COOK: 25 minutes

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. Simple Indulgence Southwest Chipotle Seasoning Blend
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.



MUST HAVE



Tupperware® SmartSteamer



Southwest
Chipotle



1-Qt./1 L Micro
Pitcher



Quick Chef® Pro
System

OPTIONAL



Chop 'N Prep
Chef



Measuring
Cups



Measuring
Spoons



Saucy Silicone
Spatula