

Buffalo Chicken Sweet Potato



INGREDIENTS

MAIN DISH | MAKES 4 servings

- 1 lb of Chicken
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1/2 teaspoon Cayenne Pepper
- 1/2 cup grated Carrots
- 1/2 cup chicken broth
- 1 cup Frank's Red Hot
- 4 Sweet Potatoes

OPTIONAL SIDES

- Carrot & Celery Sticks
- Greek Yogurt Ranch

GREEK YOGURT RANCH

- 1 cup Plain Greek Yogurt
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Sea Salt or Pink Salt
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Dried Parsley
- 1/2 teaspoon Dried Dill

INSTRUCTIONS

- Place chicken in slow cooker.
- Mix together Garlic Powder, Onion Powder, & Cayenne Pepper.
- Sprinkle onto Chicken.
- Add in Carrots.
- Add in Broth & Frank's Red Hot.
- Cook on low for 3-4 hours.
- Shred the chicken
- For the sweet potatoes, you have 2 options. Either scrub the potatoes & then cook in another slow cooker on low for 6 hours OR scrub, drizzle with EVOO, & cook on a baking sheet at 425 for 45-55 minutes.
- Once both chicken & sweet potatoes are cooked, place shredded buffalo chicken on an open potato.

10 DAY CLEANSE | 24 DAY CHALLENGE

This has a protein + complex carb + a kick, so it is winning in my book. Just be sure to add in some fruits & veggies.

PREP & HEATING

Since you can prep both items in a crockpot, this would be simple to set up on a Sunday afternoon to have easy meals for the week. If you add in a ranch, just be sure to keep it on the side until you are ready to eat.