

Slow Cooker Tropical Pulled Chicken

1. In a medium bowl, whisk together the tamari, crushed pineapple, tomato paste, honey, garlic powder, onion powder, ginger and salt. Scoop $\frac{1}{4}$ cup of the mixture and set aside.
2. Add the chicken to a 6-quart slow cooker. Add the remaining sauce, turning the chicken to coat.
3. Cover and cook on high for 4 hours or low for 6.
4. Uncover and shred the chicken with 2 forks. Add the remaining $\frac{1}{4}$ cup sauce, stirring to combine. Taste and add additional salt if desired.
5. Serve the chicken warm on buns, in bowls, or in lettuce wraps with Creamy Cabbage Slaw, if desired.

Recipe from:

<https://realfoodwholelife.com/recipes/slow-cooker-pulled-tropical-chicken/>

Total time: 4 1/2-6 1/2 hrs.