



259 Calories per serving

12 Serving

Recipe Adapted from: Pioneer Woman

Family Rating:



Peach BBQ Chicken

- 12 chicken thighs, boneless and skinless
- 1 cup diced onion
- 1 cup water
- 1 cup low sodium chicken broth
- 2 tbsp. Worcestershire Sauce
- 1 bottle Burman's Kansas City BBQ Sauce
- ½ jar Peach Preserves

Directions: Brown chicken thighs in a Dutch oven on each side for 3-5 minutes or until just golden. Remove from pan and sauté onions until softened, add water, chicken broth, preserves, Worcestershire sauce, and bbq sauce. Bring to a simmer and add chicken. Place in oven at 400 until chicken is cooked through.

Tips: I served this with instant mashed potatoes prepared with water and a butter substitute, and a side salad all for 515 calories!