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## BBQ Chicken Recipes – Best in Summer

On a hot summer day, there is no better way to enjoy great conversation with friends and family than over some a good meal. Its the barbecue season so let's try out a few fine BBQ Chicken Recipes.

Here is a spicy hot version and a great tasting sweet one for you. So, from tart and tangy to hot and spicy, just about everyone loves this bird. Next time you like some good family and friends time, just give them a call, and let them know you are firing up the grill. We are cooking up some chicken.

### Baked Barbecue Chicken

#### Ingredients:

2 pounds of boneless skinless chicken breast

1 tablespoon of Worcestershire sauce

3 tablespoons of brown sugar

1/6-ounce can of tomato paste

$\frac{3}{4}$  cup of water

$\frac{1}{4}$  cup of salad oil

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$\frac{1}{2}$  a cup of diced onion  
 $\frac{1}{2}$  a teaspoon of salt  
2 tablespoons of vinegar  
A cup of chopped green pepper

Preparation:

In a medium saucepan, combine all ingredients. Bring to a simmer and remove from heat. Place chicken into a glass baking-dish and pour barbecue sauce over the top. Cover with foil and bake in oven at 350 degrees Fahrenheit for one hour or until chicken is no longer pink.

Remove foil during the last 15 minutes.

Honey Grilled Chicken Sandwiches

This is a simple recipe for those on the go. Toss it in the crock-pot and by dinner it will be done allowing you to spend time with the kids and get more work done. No time standing over the stove making the sauce! This sauce is made in the blender!

Ingredients:

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3 tablespoons of ketchup  
 $\frac{1}{2}$  a teaspoon of paprika  
1 cup of honey  
 $\frac{1}{8}$  teaspoon of cinnamon  
1 tablespoon of meat tenderizer  
 $\frac{1}{4}$  cup of molasses  
 $\frac{1}{4}$  teaspoon of salt  
 $\frac{1}{8}$  teaspoon of ground ginger  
 $\frac{1}{8}$  teaspoon of fresh ground black pepper  
 $1 \frac{1}{2}$  cups of brown sugar  
 $\frac{1}{4}$  teaspoon of minced garlic  
1 tablespoon of seasoned salt  
 $\frac{1}{8}$  teaspoon dried oregano  
 $\frac{1}{4}$  cup of steak sauce  
1 tablespoon prepared mustard  
2 tablespoons Worcestershire sauce

Preparation:

Add all ingredients into your blender. Mix well. Pour into a large crock-pot and turn on low. Rinse chicken and place into crock-pot with prepared barbecue sauce.

Cover and let cook on low for 6- 8 hours or until chicken is tender and falling apart. Once chicken has cooked take a fork

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and shred it into the barbecue sauce. This should just happen as you stir the mixture anyway.

Serve on whole-wheat buns with pickles and onions for some really satisfied guests. BBQ Chicken Recipes are usually easy to prepare, and can easily compete with the more expensive beef recipes.

Barbara is known by those who know her as the cook with the golden pen, and for good reason. Her recipes are always adventure with a happy ending. This easy bbq chicken recipe is just one example of many to be found at <http://www.steaks-guide.com>

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