



BBQ Chicken

Using 100% Flavored Plant Protein

Yield: 35/4 oz servings

Ingredients

- 2½ lb #90530 Plant Protein Chicken Flavored Chunks
- 5 lb water
- 3 lb bbq sauce

Preparation

- 1) Combine plant protein with hot water, hydrate for 20 minutes.
- 2) Add BBQ sauce and simmer for 15-20 minutes.