

Apricot BBQ Chicken Wings

SERVES: 4

PREP TIME: 5 minutes

COOK TIME: 8 hours

INGREDIENTS

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| <input type="checkbox"/> 4 pounds chicken wings, drumettes, frozen | <input type="checkbox"/> 1 tsp. ground ginger |
| <input type="checkbox"/> 1 (18 ounce) bottle of BBQ sauce or 2 c. | <input type="checkbox"/> 1 Tbsp. garlic powder |
| <input type="checkbox"/> 1 c. apricot preserves | <input type="checkbox"/> 2 Tbsp. Worcestershire sauce |

DIRECTIONS

1. Combine the BBQ sauce, apricot preserves, Worcestershire sauce, and spices in a bowl. Reserve $\frac{1}{2}$ c. of the BBQ sauce mixture.
2. Place the chicken wings in the slow cooker. Pour the remaining BBQ sauce mixture over the chicken.
3. Cook on high for 3 to 4 hours or low for 6 to 8 hours.
4. Place the chicken on a cooking sheet. Drizzle the chicken with the sauce that was saved.
5. Broil for 3 to 4 minutes.

Freezer kit directions:

1. Label the gallon size freezer bag with the name, directions, and date.
2. Place the chicken in the bag.
3. Combine the BBQ sauce, apricot preserves, Worcestershire sauce, and spices in a bowl.
4. Remove air from the bag as you close it.
5. Place in the freezer. Make sure it is flat.

When you are ready to cook the kit

1. Place the kit in the freezer the night before cooking it.
2. Dump all the ingredients in the slow cooker.
3. Cook on high for 3 to 4 hours or low for 6 to 8 hours.
4. Place the chicken on a cooking sheet. Drizzle the chicken with the sauce from the crockpot.
5. Broil for 3 to 4 minutes.

The freezer kit will last three months in a refrigerator freezer or six months in a deep freezer.
You can meal prep by making the sauce earlier in the week.