



**Chef  
Bev Lazo**

**LAB OF MADNESS**

## **Pulled BBQ Chicken Sandwich Recipe**

- **1 WHOLE ROTISSERE CHICKEN SHREDDED**
- **1 BOTTLE OF BBQ SAUCE**
- **½ CUP OF KETCHUP**
- **JUICE FROM HALF AN ORANGE**
- **2 CLOVES OF GARLIC CHOPPED**
- **¼ CUP OF CHOPPED GREEN ONIONS**
- **A SHOT OF WHISKEY**
- **SALT AND PEPPER TO TASTE**
- **1 TABLESPOON OF OIL**



*SAUTE ONIONS AND GARLIC IN A SAUCE PAN FOR 2 MINUTES, ADD ORANGE JUICE, LET COOK FOR 30 SECONDS, ADD SHOT OF WHISKEY, COOK FOR 1 MINUTE, THEN ADD THE KETCHUP. LET SAUCE COOK DOWN FOR 2 MINUTES THEN ADD THE BBQ SAUCE AND LET IT COOK FOR 5 MINUTES. TURN HEAT OFF ADD SHREDDED CHICKEN AN FOLD INTO SAUCE SEASON WITH SALT AND PEPPER.*

### **COLESLAW**

- **1 BAG OF COLESLAW MIX**
- **½ CUP OF RANCH DRESSING**
- **1 TABLESPOON OF SRIRACHA**
- **1 BUNCH OF GREEN ONIONS CHOPPED**
- **SALT AND PEPPER TO TASTE**

*POUR MIX IN A LARGE BOWL, ADD RANCH DRESSING, SRIRACHA, SALT AND PEPPER, AND GREEN ONIONS, MIX TOGETHER.*

- **BUILD THE SANDWICH**

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*Post photos of the finished product, to be featured in the Food Porn Section of  
The Coolinary Trends Show, every thursday night only on [www.RantRadioNetwork.com](http://www.RantRadioNetwork.com)*