

Favorite Recipes from The Village at Shrewsbury Residents

BBQ Chicken

From the kitchen of Sharon Falkner



Ingredients

6 chicken breasts

1/3 cup chopped onion

3/4 cup ketchup

1/2 cup water

1/3 cup vinegar

3 Tbsp brown sugar

1 Tbsp Worcestershire sauce

1 tsp ground mustard

1/4 tsp salt

1/8 tsp pepper



Directions

Coat skillet with cooking spray. Brown chicken on medium high heat. Transfer chicken to baking dish. Re-coat skillet with cooking spray and cook onions until tender. Stir in remaining ingredients. Bring to boil, reduce heat, and simmer uncovered 15 minutes. Pour sauce over chicken. Bake uncovered at 350° for 45-55 minutes. Sauce can be make earlier and frozen for later date.