

## 3 Ingredient Crock Pot Hawaiian Chicken

Prep Time: 5 minutes  
Cook Time: 4 hours  
Total Time: 4 hours, 5 minutes

Yield: 4-6 servings

### Ingredients

- 4-6 boneless, skinless chicken breasts
- 1 can (8 oz.) crushed pineapple, drained
- 1 bottle (16 ounces) barbeque sauce

### Instructions

1. Place chicken in a greased 3.5-5 quart crock pot
2. Combine drained pineapple and BBQ sauce in a bowl and pour over meat
3. Cook on high heat for 3-4 hours or on low heat for 6-8 hours
4. Serve over rice

<https://www.herecomesthesunblog.net/crock-pot-hawaiian-chicken/>