

## RECIPE

# BBQ Pulled Duck!



Ready in **3-4 hours** minutes

Serves **2 people**

## Ingredients

- 2 boneless duck breasts, skin removed
- 1 1/2 c ketchup
- 3 Tbsp brown sugar
- 1 Tbsp Worcestershire sauce
- 1 Tbsp soy sauce
- 1 Tbsp cider vinegar
- 1 tsp red pepper flakes, ground
- 1/2 tsp garlic powder
- Sandwich buns

## Preparation

1. Combine all ingredients in the crock pot. Add the duck last, coating it well in the sauce. Cook on high for 3-4 hours or on medium for 6-8 hours.
2. Remove duck breasts from sauce; let cool until they can be handled. Shred or cut up the duck, and return it to the BBQ sauce in the pot. Mix so the duck is completely coated.
3. Serve on toasted buns.
4. ENJOY!!