

# BARBECUE CHICKEN & SWEET POTATOES

**PREP TIME:** 45-55 mins

**SERVES:** 4-6

## IN THE FREEZER:

- 1 lb chicken, chopped
- 2 tbsp brown sugar
- 2 tbsp worcestershire sauce
- 2 tbsp ketchup
- 1 tsp cinnamon
- 2 medium sweet potatoes,  
peeled and chopped

## NEEDED FOR SERVE DAY:

- 1 bottle of your favorite  
barbecue sauce

## ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **375 degrees** for **45-55 minutes**.
4. Drizzle barbecue sauce over the meal before serving.