
Slow-Cooker Barbecue Pulled Turkey with Slaw

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 7 hours 30 minutes

Slow Cooker: 7 hours

1 onion, diced

4 cloves garlic, finely chopped

1 cup barbecue sauce

1 (1-1/2- to 2-pound) skinless/boneless turkey breast

Kosher salt

freshly ground pepper

1 teaspoon paprika

1 teaspoon garlic powder

3 tablespoons mayonnaise

3 tablespoons apple cider vinegar

1 1/2 teaspoons sugar

12 ounces shredded coleslaw mix

cornbread (for serving)

pickles (for serving)

In a five- to six-quart slow cooker, combine the onion, garlic, barbecue sauce and 1/2 cup of water. Stir well. Season the turkey breast generously with salt and pepper. In a small bowl, combine the paprika and garlic powder. Rub all over the turkey. Place the turkey on top of the onion mixture in the slow cooker.

Cover. Cook on LOW heat until the turkey is cooked through and tender, seven to eight hours.

In the last 30 minutes of cooking, whisk the mayonnaise, vinegar and sugar in a small bowl. Pour over the coleslaw mix in a large bowl. Toss to coat. Season with salt and pepper.

Remove the lid from the slow cooker and use two forks to pull the turkey into pieces. Increase the slow cooker to HIGH heat and let sit, uncovered, until the sauce thickens, about 10 minutes. Season with salt and pepper. Add vinegar and sugar to taste.

Divide the turkey and coleslaw among plates. Serve with cornbread and pickles.

Slow Cooker, Turkey

Per Serving (excluding unknown items): 147 Calories; 10g Fat (57.9% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 570mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.