

## This Pineapple BBQ Chicken Is the Crockpot Dinner You'll Make on Repeat

Crockpot Pineapple BBQ Chicken



**TIME**  
**30 min**

**METHOD**  
**Slow cooker**

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### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup BBQ sauce
- 1 can (20 oz) crushed pineapple, drained
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup soy sauce
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  tsp cayenne pepper (optional, for heat)
- $\frac{1}{4}$  cup chopped fresh cilantro (for garnish)

#### Ingredient Notes & Swaps:

Chicken: Boneless thighs can be used instead—they'll be even more tender and flavorful.

BBQ Sauce: Go with your favorite—hickory, honey, or spicy styles all work.

Pineapple: Crushed pineapple gives the best texture, but chunks can work if that's what you've got.

Cayenne: Totally optional, but a little heat balances the sweetness beautifully.

#### Step-by-Step Instructions:

Add Chicken to the CrockpotPlace the chicken breasts in the bottom of the crockpot.

Mix the SauceIn a medium bowl, combine BBQ sauce, drained crushed pineapple, brown sugar, soy sauce, garlic powder, black pepper, and cayenne pepper. Stir well.

Pour and CookPour the sauce mixture over the

chicken. Cover and cook on low for 6-8 hours or high for 3-4 hours, until the chicken is cooked through and tender.

Shred the Chicken Remove the chicken from the crockpot and shred it using two forks.

Return and Coat Add the shredded chicken back into the sauce in the crockpot. Stir to coat evenly.

Serve and Garnish Serve hot over rice, on sandwich buns, or in lettuce wraps. Garnish with chopped cilantro for a fresh finish.

Tips for Success:

Drain the pineapple well: Too much liquid can make the sauce watery.

Want it thicker? Remove the lid and cook on high for an extra 30 minutes to reduce the sauce.

Double the batch: This recipe scales up beautifully for meal prep or parties.

Serving Suggestions & Pairings:

Beer Cheese Dip - for a bold, creamy starter

Crockpot Nacho Dip - if you're going full crockpot comfort mode

Dorito Casserole - for a crunchy, cheesy sidekick

Sheet Pan Quesadillas - for a Tex-Mex party combo

Chicken Enchiladas - for when you need a second main dish option

Storage & Leftovers:

Fridge: Store in an airtight container for up to 4 days.

Freeze: Freeze in meal prep containers for up to 3 months.

Reheat: Warm in the microwave or on the stovetop. Add a splash of water or broth if needed.

## DIRECTIONS

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2. Mix the : Sauce In a medium bowl, combine BBQ sauce, drained crushed pineapple, brown sugar, soy sauce, garlic powder, black pepper, and cayenne pepper. Stir well.
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8. Want it thicker? Remove the lid and cook on high for an extra 30 minutes to reduce the sauce.
9. Double the batch: This recipe scales up beautifully for meal prep or parties.
10. Serving Suggestions & Pairings: This sweet and saucy chicken goes perfectly with:
11. Beer : Cheese Dip - for a bold, creamy starter
12. Crockpot : Nacho Dip - if you're going full crockpot comfort mode
13. Dorito : Casserole - for a crunchy, cheesy sidekick
14. Sheet : Pan Quesadillas - for a Tex-Mex party combo

15. Chicken : Enchiladas - for when you need a second main dish option
16. Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
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18. Reheat: Warm in the microwave or on the stovetop. Add a splash of water or broth if needed.
19. More Recipes You'll Love: Love bold, easy comfort meals? Check these out:
20. Dorito : Casserole - cheesy, crunchy, and full of flavor
21. Beer : Cheese Dip - perfect for dipping while the slow cooker simmers
22. Crockpot : Nacho Dip - melt-and-forget appetizer magic
23. Sheet : Pan Quesadillas - quick, filling, and fun
24. Chicken : Enchiladas - saucy, satisfying, and ideal for a weeknight rotation
25. Final Thoughts: This Crockpot Pineapple BBQ Chicken is one of those magical recipes that delivers on every front: ease, flavor, and flexibility. It's sweet, tangy, a little smoky, and guaranteed to be a repeat on your weekly meal plan. Whether you're spooning it onto rice or tucking it into sliders, this one's a keeper.

## SWAPS & NOTES

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/this-pineapple-bbq-chicken-is-the-crockpot-dinner-youll-make-on-repeat/>