



## MARIA'S PULLED CHICKEN

1 WVF Pasture-Raised Chicken  
1 Bay Leaf

1 bottle of local BBQ sauce  
Salt to taste

Cover chicken half way with cold water in a large pot. Add salt to taste and 1 bay leaf. Bring to a boil and then simmer on medium heat for 1-1½ hours. Pour off the stock and save for a chicken soup or something else-chicken stock can be used for all sorts of recipes. Let the chicken cool, and remove all of the meat from the bones. Put all of the meat into a pan, add a little bit of the reserved chicken stock and as much BBQ sauce as you like. Mix together thoroughly and cook on medium for 10-15 minutes to get the flavors to blend. Serve with any kind of bread for a sandwich.

This recipe can be doubled, tripled or more quite easily. Fun to make for large parties! Use your favorite BBQ sauce and get creative to add whatever else you like.