

# Sous Vide BBQ Chicken



4.7 from 13 votes

Sous vide chicken is so easy to make and creates the most juicy and tender chicken you'll ever eat! Vacuum seal the chicken with BBQ sauce and toss in the sous vide for 90 minutes to create a delicious meal!

*Servings:* 4 chicken breasts    *Prep Time:* 10 mins    *Cook Time:* 1 hr 30 mins

*Total Time:* 1 hr 40 mins    *Author:* Whitney Bond    *Course:* Main Course

*Cuisine:* American

## Ingredients

- 4 chicken breasts, app ½ lb each
- ¾ cup BBQ sauce

## Instructions

1. Preheat a sous vide machine filled with water to 150°F.
2. Toss the chicken breasts with the BBQ sauce in a large bowl.
3. Add each chicken breast to a quart size FoodSaver bag.
4. Open the FoodSaver appliance lid and place the open end of the bag into the vacuum channel.
5. Close the lid and turn the latch to the operate position.
6. Press the vacuum/seal button and let the motor run until the bag is fully vacuumed.
7. When the seal indicator light turns off, move the latch to the open position, lift the FoodSaver lid and remove the bag.
8. Repeat for each chicken breast.
9. Add the vacuum sealed BBQ chicken to the sous vide and set a timer for 90 minutes.
10. Remove the BBQ chicken from the sous vide after 90 minutes.
11. Heat a grill to high heat. Sear the chicken for 30-60 seconds on each side.
12. Let rest 5 minutes before slicing and serving.

## Notes

If cooking more chicken breasts, add 3 tbsp of BBQ sauce per chicken breast.

## Nutrition Facts

Calories 350kcal (18%)Carbohydrates 22g (7%)Protein 48g (96%)Fat 6g (9%)Saturated Fat 1g (5%)Cholesterol 145mg (48%)Sodium 813mg (34%)Potassium 961mg (27%)Fiber 1g (4%)Sugar 18g (20%)Vitamin A 188mg (4%)Vitamin C 3mg (4%)Calcium 29mg (3%)Iron 1mg (6%)

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