



BBQ Chicken Marinade

Ingredients

- 2/3 cup ketchup
- 1 tablespoon light brown sugar
- 1 tablespoon apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 clove garlic, grated
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts **or**
8 boneless, skinless chicken thighs (about 1 1/2 pounds total)

Instructions

1. Make the Marinade

In a large resealable plastic bag or bowl, mix together:

- Ketchup
- Brown sugar
- Apple cider vinegar
- Worcestershire sauce
- Cumin
- Paprika
- Grated garlic
- Salt and black pepper

Stir or shake well to combine.

2. Marinate the Chicken

Add the chicken to the bag or bowl, making sure each piece is well coated.

Seal the bag (or cover the bowl), press out the excess air, and massage gently to distribute the marinade.

Refrigerate for at least 2 hours, or up to overnight.

To freeze: Store in the sealed bag for up to 1 month. Defrost overnight in the refrigerator before cooking.

To Cook

1. Preheat your grill to medium heat and set up for indirect cooking.
2. Remove chicken from the marinade and let excess drip off.
3. Grill the chicken **covered**, over indirect heat, for **20 to 25 minutes**, flipping once halfway through, until the internal temperature reaches **165°F (74°C)** and the chicken is lightly charred.