

Chicken with BBQ sauce (indoor, stove top)

3 lb. boneless, skinless chicken thighs
1 tsp. Poultry seasoning
2 tbl. Olive oil
1/4 cup BBQ sauce

Clean and dry chicken. Season with poultry seasoning and dust with flour. Heat oil in a large skillet, brown chicken pieces in batches, leaving room between pieces in the skillet so that it browns rather than steams. As pieces are browned, transfer to a dutch oven over low heat. Add about 1/4 BBQ sauce, and about 1 oz. water, to taste. Once all chicken has been transferred to the dutch oven, simmer on low to med heat for about 15 minutes.