

Slow Cooker BBQ Goose Sandwich

2 Tbl butter

1 clove garlic, minced

1 small yellow onion, sliced

1 goose breast

1 1/2 Tbl Worcestershire sauce

2 cups chicken broth

Melt butter in a large saucepan over medium heat. Add garlic and onion and sauté for 5 minutes. Add goose breast and brown on both sides for about 5 minutes, or until browned. Place goose breast in slow cooker and add Worcestershire sauce. Add chicken broth to cover (approximately 2 cups) and cook on high setting for 6-8 hours, or until meat falls apart. Shred with a fork and mix with your favorite BBQ sauce.