

## Raspberry Chipotle BBQ Chicken

*Raspberry chipotle BBQ chicken features tender, oven-baked chicken thighs smothered in a sweet and smoky sauce made with raspberry jam and chipotle peppers. This dish offers a perfect balance of sweetness and heat, making it a delicious and unique twist on classic BBQ chicken.*

**Yield:** 4 servings

**Serving Size:** 2 pieces

### Ingredients:

- 1 Tbsp vegetable oil
- 1/2 medium yellow onion, peeled
- 2 cloves garlic, peeled
- 8 oz can tomato sauce
- 1 cup raspberry jam
- 1/4 cup apple cider vinegar
- 1 chipotle pepper in adobo
- 4 lbs. chicken thighs (8 pieces)

### Instructions:

1. Finely dice the onion and garlic. Heat vegetable oil over medium heat and cook onion until softened, about 3-5 minutes. Add garlic and cook until fragrant, about 10 seconds. While cooking, roughly chop one chipotle pepper and save 1 tablespoon of adobo sauce from the can.
2. Add the tomato sauce, raspberry jam, cider vinegar, chopped chipotle pepper with adobo sauce to the saucepan with the cooked onions and garlic. Stir well and bring to a simmer. Simmer for about 45 minutes and stir occasionally. Let the sauce cool and thicken.
3. Prepare the chicken by removing the skin and trimming any excess fat. Preheat the oven to 375° F.
4. Line a baking sheet with aluminum foil, spray with non-stick spray and arrange the chicken thighs on the pan. Pour some BBQ sauce into a small bowl and brush the chicken thighs with the sauce. Discard any BBQ left in the small bowl and wash the brush with hot soapy water.
5. Place the BBQ chicken into the oven and bake for 45 minutes, recoating with fresh sauce at the 15 minute and 30 minute mark.

Per serving: Calories 460 kcal, Carbohydrates 60 g, Protein 30 g, Sat Fat 2 g, Sodium 176mg, Added Sugars 41.6 g

This recipe was adapted and modified: <https://www.budgetbytes.com/raspberry-chipotle-bbq-chicken/>