



## Joy of Living Well

# Smoked Bacon Buffalo Chicken Dip

Jason Wilson, Respiratory Therapy Manager and  
BBQ guru

### Ingredients:

- 3 chicken breasts (shredded)
- 2 tablespoons of your favorite BBQ rub
- 1 lb. bacon
- 1/2 cup of low-carb buffalo sauce, like Frank's Red Hot
- 1 cup cheddar cheese (divided use)
- 1/2 cup mozzarella cheese
- Optional: half cup of Monterey Jack cheese
- 1 block of cream cheese
- 1/4 cup Ranch dressing
- 1 jalapeño, chopped

### Directions:

1. Season chicken breasts with BBQ rub. Put them on the smoker at 275°, and cook until the internal temperature of the chicken is 160°.   
  
Note: When the chicken reaches 160°, remove it from the heat and let it rest. The carryover cook will bring the temperature up another five degrees, to the safe point.
2. While the chicken is cooking, place the bacon directly on the grates. Cook until desired crispness. Remove, let cool and crumble.
3. Combine all other ingredients, leaving 1/4 of the bacon and 1/2 cup of cheddar to the side.
4. Shred chicken, add to the mix and combine well. Place into a cast iron skillet or any other baking dish and put it back on your smoker running 275°.
5. Once it starts to bubble, top it with the remaining cheese and bacon and let it ride for another 10 minutes.
6. Pull and serve with your favorite chips or vegetables!



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