



7up Barbecue Chicken on the Grill

The marinade's secret ingredient is 7Up. With a splash of soy sauce, a pinch of Canadian seasoning or garlic powder, and a drizzle of canola oil, you've got a dinner fit for a king.

You may either marinate and cook the chicken breasts or go a step further.

From now until the end of time, this will be your go-to [grilled 7up chicken](#). Dry, tasteless chicken is no longer a thing.

A couple of chicken breasts without the sauce Use the marinated chicken breasts in a stir-fry and freeze the grilled breasts for later. That way, you've completed the majority of the prep work for your next meal. This was served with fresh peas and potatoes from our garden tonight.



The raspberries have been ripening in full force, which takes a long time. The raspberry patch hasn't been as hectic this summer as it has been in previous years. The early, warmer-than-average spring, combined with another cold front, wreaked havoc on the regular output. We normally have an abundance of little purple plums. We don't have any this summer.

7up Barbecue Chicken, Grilled

Ingredients

4–6 chicken breasts, boneless and skinless

1 can (7up) (12 oz)

1/2 cup soy sauce (low sodium)

a quarter cup of canola oil

2 garlic cloves minced or 1 teaspoon garlic powder or 2 teaspoons Sweet Baby Rays bbq sauce + a pinch of brown sugar mixed in to taste

Instructions

Combine the chicken, 7up, soy sauce, oil, and seasoning in a ziplock bag.

Allow 3 hours to overnight to marinate in a sealed bag.

Remove the chicken from the marinade and toss it out.

Season gently with salt and pepper, then grill for 5-7 minutes on each side over low heat. The interior of the bird should be white and the fluids should stream clean.

Brush with your preferred sauce and cook until it has thickened somewhat. Turn over and baste again, then grill for a few minutes more. Keep an eye on the sauce to make sure it doesn't burn.

Eat right away, or cover with foil and keep warm in a 170° oven until ready to serve.

To learn more about [seasoned steak fries](#) recipe, visit Sixsistersstuff.com.