

Chicken You'll Never Get Tired Of

Whole Roasted Chicken--Made on the stove!

6 Yellow Potatoes (cut in quarters)

3 Carrots (sliced about 1" thick)

1 Onion (cut in quarters)

3 Stalks of Celery (cut about 1" thick)

STUFFED INSIDE:

4 Cloves of Garlic

2 Lemons (cut in quarters)

1 Stalk Celery (cut about 1" thick)

1 Onion (cut in quarters)

Dice Potatoes, Carrots, Onions & Celery
(season with Sea Salt & Seasoned Pepper)

Place Potatoes & Carrots in cold Roaster

Place Celery & Onion

Season Chicken: (both sides)

If you choose, you can rub with butter

- Smoked Paprika
- Garlic Powder
- Onion Powder
- Sea Salt
- Seasoned Pepper

Stuff inside of Chicken with Garlic,
Lemon, Onion & Celery

Place Chicken on top of veggies in Roaster...Cover

place on stove top

Medium-Click-Low

Cook for 1½ hours...if you would like to brown the top...

Place in Oven uncovered on Broil for 5-7 minutes

Chicken Fajitas

Ingredients:

- Raw chicken (can use breasts or thighs-cut into strips)
- Bell Peppers (Cut into strips or on cone #3)
- Onion (Cut on Cone #4 or large strips)
- Spices (Adobo & Cayenne)

Directions:

1. Preheat EOC to 400. Place chicken strips in and cover. Flip after 8 minutes and place vegetables in.
2. Cook until veggies are tender to liking.
3. Serve with tortillas, guac, rice and beans!

Chicken and Dumplings

Ingredients:

- Rotisserie Chicken (pull off all meat and leave bones)
- Chicken Bouillon
- Bisquik or Canned Biscuits
- Black Pepper

Directions:

1. Put chicken with 1" water above in saucepan. Add seasonings and bring to strong simmer. Place biscuits on top and cook covered for 5-10 minutes.
2. Cover with black pepper and serve!

Picnic BBQ Chicken

- 2 cloves garlic, crushed
- 2 tsp. butter, melted
- 1 cup ketchup
- 3/4 cup chili sauce
- 1/4 cup firmly packed brown sugar
- 1 Tbsp. celery seeds
- 1 Tbsp. prepared mustard
- 2 Tbsp. Worcestershire sauce
- 2 dashes of hot sauce
- 1/2 tsp. salt
- 2 (2-3 pound) broiler-fryers, quartered

* Sauté garlic in butter in a saucepan until tender.

Stir in ketchup and next 7 ingredients and bring to a boil.

Remove from heat; reserve 1 cup sauce for basting and set remaining sauce aside.

* Bake chicken (medium 350 to medium high 450) for 15 minutes.

Baste with reserved barbecue sauce.

Bake 20 more minutes or until thickest part of meat is done.

Baste every 10 minutes with reserved barbecue sauce.

Serve with remaining sauce.

Italian Chicken Pasta Casserole

- 5qt roaster
- 1lb boneless, skinless chicken thighs, mostly frozen, cone #3
- 1 onion, cone #3
- 1 bulb garlic, cone #1
- 1 zucchini squash, cone #3
- 1 cup mushrooms, cone #3
- 1 can tomato sauce
- 1 can stewed tomatoes

1 can tomato paste
1 cup Rotini or elbow pasta
Italian herbs
Mozzarella to taste, cone #2

Preheat the roaster on medium high, no lid.

Process the chicken thighs in the machine on cone #3. Sauté in the roaster.

Process an onion on cone #3, place in roaster.

Process garlic on cone #1, place in roaster, place lid on, lower heat to medium.

Process mushroom and zucchini on cone #3, place in roaster when valve clicks.

Pace tomato sauce, stewed tomatoes, tomato paste, and herbs with zucchini and mushroom. Stir to mix.

Cover and wait for valve to click.

When valve clicks, add the pasta, stir to mix, replace lid.

When valve clicks again, check pasta. If pasta is done, turn heat off, replace lid.

Process mozzarella and top each serving.

Serve warm.

Chicken and Rice Casserole

- **Uncle Bens Long Grain and Wild Rice**
- **1 Package Chicken Tenders**
- **1 Can Cream of Mushroom Soup**
- **1 Can Cream of Chicken Soup**
- **32oz Chicken Broth**

Directions:

Put all ingredients in EOC or saucepan. Cook medium - click - low (350 click 190) and set timer for 35 minutes.

Chicken Jambalaya

Okra

2 Can Dice Tomatoes

1 Can Tomato Sauce

1 lb Chicken

1 Bell Pepper

2-3 stalks celery

1 Onion

Minced Garlic to taste (optional)

Red Pepper Flakes to taste (optional)

Cajun Seasoning

Directions:

Sauté okra and all veggies together until desired tenderness on medium low to medium heat. Add dice tomatoes, tomato sauce meat and seasoning. Simmer for 10 minutes on low. Serve!

Creamy Vegan Chicken & Gravy Stew

Adapted from "Skinny B*tch in the Kitch" Cookbook

4 cups Water

2 cubes Not-Chicken Bouillon Cubes

1 (12-ounce) container vegan sour cream

1/4 cup arrowroot or 5 tablespoons corn starch dissolved in 1/4 cup water

1/4 cup coarse nutritional yeast

2 teaspoons soy sauce

1 1/2 teaspoons garlic powder

1 1/2 teaspoons onion powder

1 teaspoon dried tarragon

1 teaspoon fine sea salt

1/2 teaspoon pepper

1/2 teaspoon turmeric

16 ounces vegan chicken chunks (if frozen, no need to thaw)

2 (14-ounce bags) frozen mixed vegetables, whatever vegetables you like—big chunks work best

In a 4 quart roaster, combine the stock, sour cream, arrowroot mixture, nutritional yeast, soy sauce, garlic powder, onion powder, tarragon, salt, pepper, and turmeric, whisking until smooth while cooking over medium heat.

Add vegan chicken and vegetables. Cover and cook over medium heat until the vapo valve clicks.

Reduce heat to low and simmer for 5-10 minutes until the vegetables are fork-tender and the sauce thickens.

Enjoy!

Kung Pao Cauliflower & Vegan Chicken

Adapted from "But my Family Would Never Eat Vegan" Cookbook

Sauce:

1/4 c Water

2 Tbsp Soy sauce

2 Tbsp Brown Rice Vingar

1 Tbsp Tomato Paste

2 tsp Maple Syrup

1 tsp Sriracha

1 tsp grated fresh Ginger

2 tsp Arrowroot Powder (or cornstarch)

The rest:

1 Onion, cut on cone #3

1 Cauliflower broken into florets

2 Tbsp Soy Sauce

2 Garlic cloves, minced on cone #1

1 Red Bell Pepper, cut on cone #3 or large dice

1/2 cup Cashews

3 Green Onions, sliced

1. To make the sauce, combine the water, soy sauce, vinegar, tomato pasta, maple syrup, sriracha and ginger in a small bowl. Add the arrowroot (or cornstarch) and stir until combined. Set aside.
2. In an 11" large skillet, add the onion, diced vegan chicken, sesame oil and soy sauce. Cover and cook on medium heat for about 5 minutes or until onions are translucent. Add cauliflower, garlic and bell pepper. When valve clicks, reduce heat to low and cook for 2-3 minutes until peppers are crisp-tender.
3. Add the cashes and green onions. Then drizzle the sauce on top and gently stir. Cook for 3-4 minutes over medium heat, uncovered, gently stirring until the sauce thickens.
4. Serve over rice noodles or cooked brown rice. Enjoy!