

take the

Chicken Challenge!



Meal 1: Whole Chicken in the Crock Pot

Ingredients:

- Whole fryer chicken (neck/giblets removed)
- One packet of onion soup mix

Directions:

Place chicken in the crock pot. Sprinkle onion soup mix on top. Cover and cook on low 7 hours or high 4 hours. (Optional: add 1/2 cup water and some chopped veggies and your side is done!)



Prep for Future Meals...

Pick the **left-over meat** off the bones and save in frig. Next, make **chicken stock** by placing the carcass and juices from the crock pot in a pot of water and bring to a boil. (Toss in any of those bendy carrots or celery you have in the frig that you need to get rid of!) Boil for 20-30 minutes or so, then pour it through a strainer to separate out solids and toss the bones. Put remaining liquid in the frig until the grease solidifies on the top. Skim off the solid grease and keep the remaining stock. It works well to freeze it in 1 or 2 cup portions in the freezer. (measure first for quick, easy use later, & pour into resealable plastic bags and date them)



Meal 2: Chicken Stew & Dumplings

Stew Ingredients:

- 1 lb chicken (or other left-over meat)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 onion, chopped
- 1 Tbsp flour
- 2 C chicken broth
- 1 large potato (sugg. yukon gold)
- 1 C frozen peas (frost bitten veggies)
- 1 tsp dried tarragon

Dumpling Ingredients:

- 3/4 C flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 C milk (can use water)
- 2 tsp butter, melted
- 2 tsp parsley (fresh or dried)

Directions:

Chicken stew, dutch oven (optimal but you can use regular pot with lid) spray with non stick spray (or coat with oil). Add onion; cook, stirring frequently, until softened, about 4min. Add the chicken, flour, salt, pepper, stirring constantly until browned, about 1 minute. Stir in the broth and potato bring to a boil. Reduce the heat and simmer, covered until the chicken and potatoes are cook through, about 15min (or less), Stir in peas and carrots and tarragon; return to a boil. Reduce heat and simmer 2min. **to make dumplings**, combine flour, baking powder, and salt in a medium bowl. Add the milk(water), butter, and parsley; stir until a soft dough forms. Drop the dough, by 8 rounded tbsps on to simmering stew. Cover the pot/dutch oven and simmer about 8minutes. Uncover and simmer until the dumplings have doubled in size and are cooked through (can check with tooth pick or skewer), about 3min longer.



Resources



For a copy of today's slide show, downloadable files, and more good stuff, visit:

- **Jess's Blog:** <http://teacherenrichments.blogspot.com/>
- **Gretchen's Blog:** www.IDMommy.com
- **Questions?** Email the presenters! **Jess:** tyrtlencurlysue@gmail.com or **Gretchen:** gretchen@paintertainment.com

Eat!



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