

SMART SHOPPER RECIFE #1

STEWED CHICKEN

For 6 servings, or 3-1/2 cups cooked, cut-up meat, you need:

MENU SUGGESTION

3 pounds frying chicken, whole or cut-up  
1-1/2 teaspoons salt  
Pepper, as you like  
Water, as needed.

1 stalk celery, if you like  
1 or 2 chicken bouillon cubes, if you like  
1/4 teaspoon poultry seasoning, if you like

Noodles cooked in chicken broth  
Sliced Beets  
Green Pepper Slaw  
Fruit Gelatin  
Milk Coffee

①

Put in a large pan...



3 pounds frying chicken, whole or cut-up,



1-1/2 teaspoons salt,



and 1/8 teaspoon pepper.



Add water to half cover a whole chicken,



or to cover cut-up chicken.

②

For extra flavor, add if you like:



1 stalk celery,



1 or 2 chicken bouillon cubes,



and 1/4 teaspoon poultry seasoning.



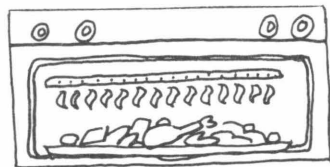
Cover pan. Bring to boiling. Lower heat and cook 45 minutes to 1 hour until chicken is tender.



③

Serve chicken plain,

or



Brown chicken pieces under the broiler before serving,

or



Brown chicken pieces in a little hot fat in a fry pan before serving.

or



Cut meat from bones to use in recipes.

or



Save chicken broth to use in recipes.

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VA EFNEP  
6/84  
348-160

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.