

3 Quick Cheap Meals with Chicken Leg Quarters

Grocery List:

Onion
10lb Chicken Leg Quarters
BBQ Sauce
14.5oz can Corn
12oz California Style Veggies
Instant Mashed Potatoes
14.5oz Chicken Broth
8oz Cream Cheese
Ranch Seasoning
White Rice
Egg Noodles
Mixed Vegetables
Italian Seasoning

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Crockpot BBQ Chicken & Mashed Potato Bowls

2-3 chicken leg quarters
½ cup BBQ sauce
¼ cup water or chicken broth
1/2 onion (optional, sliced)
Instant or homemade mashed potatoes
14.5oz can corn

1. Place chicken, BBQ sauce, water (or broth), and onion in crockpot.
2. Cover and cook on low for 6-7 hours or high for 3-4 hours, until tender.
3. Remove bones and shred chicken in the sauce.
4. Serve over mashed potatoes and top with corn. Drizzle with more BBQ sauce if desired.

Air Fryer Ranch Chicken Quarters with Rice & Veggies

3-4 chicken leg quarters
1-2 tbsp Ranch Seasoning
1 cup white rice
2 cups water
1 bag frozen California Style vegetables

1. Pat chicken dry and rub with oil.
2. Sprinkle ranch seasoning all over the chicken and rub it in.
3. Place in air fryer at 375°F for 25-30 minutes, flipping halfway through, until golden and internal temp reaches 165°F.
4. While that cooks, prepare rice with your favorite seasonings (combine rice and water, bring to a boil, reduce heat, cover, and let simmer for 15-20 minutes)
5. Steam vegetables in the microwave per directions.

Crockpot Creamy Chicken & Noodles

2-3 chicken leg quarters
2 cups chicken broth
½ onion, chopped
½ tsp Italian seasoning
½ block (4 oz) cream cheese
6 oz egg noodles (about half a bag)
1-2 cups frozen mixed veggies

1. Add chicken, broth, onion, and Italian seasoning to crockpot.
2. Cook on low for 6-7 hours or high for 3-4 hours.
3. Remove bones and shred chicken. Return meat to crockpot.
4. Stir in cream cheese until melted.
5. Add cooked noodles (or uncooked if your crockpot runs hot and cook another 20-30 mins until soft).
6. Stir in frozen veggies at the end and let them heat through before serving.