

3 Dinners Mini Menu #23- "Whole Chicken" Edition

Grocery List

Whole Chicken

5lb potatoes

2lb carrots

Onion x2

Penne Pasta

Alfredo Sauce

Celery

Rice (1lb)

Frozen Broccoli

@lowdoughfamily

Oven Roast

Chicken & Veggies

1 whole chicken

2 tbsp oil or butter

Favorite Seasonings

4-5 russet

potatoes

1 lb carrots

1 onion

1. Preheat oven to 400°F.
2. Place chicken in a roasting pan or 9×13 dish. Rub with oil/butter and season generously.
3. Add chopped potatoes, carrots, and onion around the chicken.
4. Roast for 1 hour 15 minutes to 1 hour 30 minutes, until the chicken reaches 165°F.
5. Serve about half the chicken with veggies for dinner.
6. Shred and refrigerate the remaining meat. Save the bones and pan drippings for broth.

Creamy Chicken

Alfredo Pasta

12 oz penne pasta

1 jar Alfredo sauce

12oz frozen broccoli

1-1.5 cups leftover

shredded chicken

1. Boil water and add pasta. Cook until tender, then drain.
2. In the same pot, heat Alfredo sauce over low heat.
3. Stir in chicken and frozen broccoli. Cook until heated through.
4. Toss pasta back in and stir to coat.

Chicken & Rice Soup

Chicken bones/carcass + drippings

(from Night 1)

8 cups water

1 cup shredded leftover chicken

(last of it)

1/2lb carrots, chopped

1-2 celery stalks, chopped

1 onion, chopped

1/2 cup rice

1. Place chicken bones, skin, and any pan drippings into a large pot. Add water. Bring to a boil, then simmer gently for 1 to 1½ hours.
2. Strain out and discard bones and solids, keeping the broth.
3. Return broth to the pot (should yield about 6 cups).
4. Add chopped carrots, celery, onion, and rice.
5. Simmer for 20-25 minutes, until the rice and vegetables are tender.
6. Stir in the shredded chicken, season to taste, and simmer for an additional 5 minutes.