

# Vegetable Recipe

## Slow Cooker

### *Chicken with Carrots*



| Ingredient  | Approx. Cost*  |
|---|----------------|
| 1 whole fryer chicken (4-5 lbs. at \$1.99 per pound)                  | \$8.95         |
| 1 lb. bag of carrots, peeled and chopped                              | \$0.99         |
| Liquid: 1 large can of chicken broth (32 oz. pacific natural foods)** | \$3.79         |
| Seasonings: garlic, salt, thyme (or fresh rosemary)                   | \$0.75***      |
| <b>Total</b>  | <b>\$14.48</b> |

# of servings: 16 **Cost per serving: \$0.91**

\*Based on Peapod's on-line pricing as of 2/1/09.

\*\*watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

\*\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Layer ingredients in slow cooker in the order given; pour in broth. No need to stir ingredients. Cover and cook on HIGH for 4 to 5 hours or on LOW for 8 to 10 hours until chicken is at required temperature. If using fresh herbs, add just prior to serving. **Remove bones carefully before serving.**

#### Nutritional Information per Serving: 3 oz of chicken per serving

|                      |            |
|----------------------|------------|
| <b>Calories</b>      | <b>217</b> |
| <b>Total Fat</b>     | <b>4g</b>  |
| Saturated Fat        | 3g         |
| % of daily total     | 15%**      |
| <b>Carbohydrates</b> | <b>3g</b>  |
| <b>Protein</b>       | <b>24g</b> |
| <b>Fiber</b>         | <b>1g</b>  |

|                           | % of daily total          |
|---------------------------|---------------------------|
| Vit A                     | 40%                       |
| Vit C:                    | 8%                        |
| Calcium:                  | 3%                        |
| Iron                      | 7%                        |
| Good source of*           | Vitamin A, Selenium, Zinc |
| *(10% or more of the RDA) |                           |

based on 2000 calorie diet

