

How to Make 6 Meals from 1 Chicken



Arroz Con Pollo



Chicken Burritos



Chicken Wild Rice Soup



Chicken Veggie Stir Fry



Chicken Pasta Bowl



Chicken Chili

How many meals can you make from 1 chicken?

Buy a whole chicken on sale at the grocery store, and turn it into six great meals!
Cooking the chicken in a crock pot makes for a tender, juicy chicken, great broth and easy cooking.

Directions to cook chicken in a crock pot: Cover chicken with water; cover; cook on high for about 3 hours until done and tender.

If you don't have a crock pot, simmer on stove for 1 hour in plenty of water in a large pot.



Once the chicken is cooked, allow it to cool. Next, cut the chicken, divide it into 6 bags (about 1 cup per bag) and freeze for later use. Remove the fat from the broth by letting the hot broth cool and skimming the hardened fat from the top of the broth. Divide the broth into 2 bags (about 4 cups per bag) and freeze for later use.



Meal 1: Arroz Con Pollo (Chicken with Rice)

2 cups rice
4 cups chicken broth (reserved from cooking the chicken)
2 tablespoons chopped green onion
1/4 cup chopped red pepper
2 tablespoons chopped sundried tomatoes
1/2 cup black beluga lentils (brown will also work)
1 cup cooked chopped chicken, skinless
Seasonings to taste: black pepper and garlic/parsley powder

Place all ingredients into a skillet or pan on top of the stove; cover and cook until all liquid is evaporated. In 20 minutes, dinner is done!

Serves 6 to 7; extra rice and chicken can be placed into freezer bags for later use.



Beluga black lentils are great to have on hand. They cook as quickly as rice and make a colorful addition to many dishes. You also can use plain brown lentils.



Meal 2: Chicken Burritos



- 3 cups cooked pinto beans, drained if using canned or boiled
- 1/2 cup prepared salsa
- 3 cups frozen corn kernels
- 2 teaspoons margarine
- 1 cup cooked chopped chicken, skinless
- 1 cup fat-free sour cream
- 8 flour tortillas, warmed in microwave at service time

Heat pinto beans and salsa in the microwave. Heat corn and margarine in the microwave. Allow everyone to assemble their own tortillas using beans, corn, chicken and sour cream. Extra salsa can be used here as well. This recipe makes 8 tortillas (feeds 4 to 8).



Meal 3: Chicken Wild Rice Soup



- 4 cups chicken broth (reserved from cooking the chicken)
- 1 cup brown/wild rice mix (if you don't have the mix, use 1/2 cup of each)
- 1/2 cup diced pepper (red or green)
- 1 cup cooked chopped chicken, skinless
- 2 cups sliced fresh mushrooms or 1 large can mushrooms, drained
- Seasonings to taste: black pepper, garlic/parsley mix, thyme, Italian seasoning

Place all ingredients into a crock pot and cover. Cook on high power until the rice is tender, about 2 hours. Add water or broth for desired thickness.

If you don't have a crock pot, simmer on the stove, covered, until the rice is tender, about 45-60 minutes. Add more liquid as needed, stir occasionally.

Meal 4: Chicken Veggie Stir Fry



- 2 tablespoons olive oil
- 1/2 cup sliced carrots
- 2 cloves minced garlic
- 1 cup sliced asparagus tips
- 1/4 cup sliced mild hot pepper (pascilla or poblano)
- 1/2 cup sliced red pepper
- 1 bag fresh snow peas
- 1 cup cooked chopped chicken, skinless
- Seasonings to taste: 1 teaspoon sesame oil, 2 tablespoons light soy sauce

Pour the oil into a pan and heat over medium high. Saute carrots, and then add garlic, asparagus and peppers. Saute briefly until golden. Cover and stir frequently for a few minutes until crisp-tender. Add the snow peas, chicken and seasonings, and heat.

Serve hot with cooked brown rice (1 and 1/2 cups brown rice, 3 cups water; cook 30 minutes).

To save time, consider using one of the many frozen packages of stir fry veggies.



Meal 5: Chicken Pasta Bowl



This dish takes about 15 minutes when the ingredients are already prepared.

2 cups medium shell pasta, dry
1 tablespoon olive oil
1 cup sliced mushrooms
1 cup asparagus, cut in 2 inch strips
1/2 cup sliced red pepper strips
1 can chicken broth
1 cup cooked chopped chicken, skinless
Seasonings to taste: garlic powder, thyme, rosemary, black pepper
Grated parmesan, about 2-4 tablespoons

Cook pasta according to package directions; drain in colander. Add oil to large saute pan and heat over medium-high heat. Saute vegetables until crisp-tender, stirring frequently. Add cooked pasta, cooked chicken, broth and seasonings. Heat until broth is evaporated and pasta is heated through. Sprinkle with grated parmesan and serve hot.

Meal 6: Chicken Chili



This dish can be made really quickly in the microwave. It also disappears even faster!

3 cups cooked pinto beans, drained

1 can tomatoes

1 cup cooked chopped chicken, skinless

Seasonings to taste: chili powder, dried oregano, garlic/parsley mix, coriander, cumin

Place all ingredients in microwave dish. Microwave on high until heated through, about 5-6 minutes. Stir well. Serve over pasta, rice or in rolled up tortilla. Optional: top with fat-free sour cream.



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