

Baked Chicken Breasts
Crystal Miller

3 whole chicken breasts -- halved, you can also use thighs or legs or any parts.. skinned is best but not absolutely necessary... this is a versatile recipe

1 cup sliced fresh mushrooms

4 T. butter

4 T. whole wheat flour

2 cups water

1 Tablespoon chicken broth powder

1 teaspoon parsley flakes

1 teaspoon Worcestershire

1teaspoon soy sauce

1 heaping teaspoon chopped garlic --I use the kind in the jar (you can use more if you like garlic)

Place the chicken breasts and sliced mushrooms in the crock pot. In a saucepan on the stove melt butter and add flour. Stir this until bubbly and then add water and broth powder. Stir and boil this until it is nice and thick. Remove from heat and add Worcestershire sauce and garlic. Pour over chicken breasts. Cover and cook on low setting for 8 to 10 hours. Serve this with rice, noodles or biscuits and a salad.

Tip This dish can also be made in a large baking pan with a tight fitting lid. Follow the directions above putting everything in the baking dish (or casserole dish) and cover tightly. Bake in a 325 degree oven for around 2 hours.

Tip This recipe can easily be doubled if you are feeding more people. If you like lots of gravy than you can double the sauce ingredients as well.