

chopped into 1" pieces. 2 medium brown onions (cut into eighths), and 4 carrots (skinned and cut into 1" pieces). Liberally season the chicken with whatever spices you have on hand (I used whole black peppercorns, some dried thyme, and some basil - I think.)

Bring the chicken to a boil, and let simmer for about 4 hours. Remove the chicken from the pots in small batches and allow to cool before proceeding, one batch at a time. Remove the skins and discard. Pull the meat off the bones and pile it in a big bowl for now.

When all of your chicken is shredded, package it into ziploc bags in portions of about 1lb or 2 cups. My last 20lbs of chicken leg quarters gave me 9 1lb packages of chicken (roughly 18 cups). You will definitely have enough chicken for one week at least! Not bad for about \$8. ;)

In one of your chicken baggies, pour 1/2 bottle of BBQ sauce. Freeze all of your chicken baggies.

Now turn your attention to all that yummy stock sitting on your stove. Bring it down to 1/2, and then pour it through a colander to strain out all the big veggie chunks. Refrigerate overnight, then remove the thick layer of fat. I had an abundance of ziploc bags from the Dollar store, so I portioned mine out - 3 cups in each bag. Freeze.

2) THE RECIPES: (Defrost your chicken packets overnight, or on the ground meat setting of your microwave)

Chicken Spaghetti

Cook spaghetti according to pasta directions. Pour a little bit of olive oil into a skillet, and saute 5-6 cleaned/sliced mushrooms, and 1/2 to 1/3 of the zucchini (diced) until soft. Dump in a package of the shredded chicken, and a bottle of your favorite pasta sauce. Let simmer for about 5 minutes, then pour over the drained pasta. (I served it with plain toast, you can also use french bread or breadsticks).

Chicken and Stuffing Bake

Mix the stuffing mix and seasoning packet with about 1/3 cup less water than the package directions call for. In a separate bowl, mix one packet of the shredded chicken with one can of cream of chicken soup, and a dollop of sour cream (about 1/4 cup?), and a little bit of fresh ground black pepper. Pour chicken mix over the stuffing mix. You can top it with a little bit of bread crumbs or parmesan cheese if you have them handy. Bake for 15-20 minutes at about 325-350*. Serve with peas or steamed zucchini.

BBQ Chicken and Rice

Heat your BBQ chicken packet in a bowl in the microwave. Defrost one packet of chicken stock in a medium saucepan (3 cups), and add 1.5 cups of long grain rice. Bring to a boil, back it down to a simmer and cover. Let it cook for 15 minutes, or until the liquid is absorbed. Let it stand covered for an additional 5 minutes or so, so it can continue cooking in the steam. Serve the BBQ chicken on a bed of rice, surrounded by corn (heated on the stove or in the microwave).