

COOKING WITH JAN

SEPTEMBER 5, 2018 ~ Recipes at Coborns & kokk.com

TIME FOR ONE POT COMFORT FOOD



ORANGE CHICKEN

12 OZ JAR SWEET ORANGE JAM	1/2 CUP PACKED BROWN SUGAR
1/4 CUP SOY SAUCE	2 TBLS CHILI GARLIC SAUCE
1 TSP SALT	1 WHOLE CHICKEN
1" PIECE FRESH GINGERROOT, PEELED	1/4 CUP CORNSTARCH
1/4 CUP ORANGE JUICE	6 THIN SLICES OF ORANGE, HALVED
2 TBLS CHOPPED CILANTRO	COOKED RICE (OPTIONAL)

SPRAY 5-QUART OVAL SLOW COOKER WITH COOKING SPRAY. IN BOWL, MIX JAM, BROWN SUGAR, SOY SAUCE, CHILI SAUCE & SALT. ADD CHICKEN AND JAM TO SLOW COOKER, SPREADING JAM MIXTURE OVER CHICKEN, INSIDE & OUT. PLACE CHICKEN BREAST SIDE DOWN; ADD GINGERROOT. COVER; COOK ON LOW HEAT SETTING 4-5 HOURS, UNTIL THERMOMETER INSERTED INTO THIGH MUSCLE READS AT LEAST 165. LEGS SHOULD MOVE EASILY WHEN LIFTED OR TWISTED. DO NOT UNCOVER SLOW COOKER UNTIL CHICKEN HAS COOKED 4 HOURS! REMOVE GINGER & DISCARD; TRANSFER CHICKEN TO CUTTING BOARD, LET STAND ABOUT 5 MINUTES OR UNTIL COOL ENOUGH TO HANDLE. CUT INTO 8 PIECES. IN SMALL BOWL, MIX THE CORNSTARCH & ORANGE JUICE; STIR INTO THE LIQUID IN THE SLOW COOKER. COVER; COOK ON HIGH HEAT FOR 10-15 MINUTES OR UNTIL THICKENED. POSITION OVEN RACK 4" FROM BROILING ELEMENT. SET OVEN TO BROIL; LINE LARGE RIMMED BAKING PAN WITH FOIL, THEN PLACE CHICKEN, SKIN SIDE UP, ON PAN. PLACE ORANGE SLICES AROUND CHICKEN; BRUSH ORANGES & CHICKEN WITH SAUCE. BROIL 3-5 MINUTES OR UNTIL CHICKEN SKIN IS GOLDEN BROWN & CRISP. SPRINKLE WITH CILANTRO & SERVE. WHITE RICE CAN BE PREPARED AND CHICKEN SERVED OVER THE RICE. MAKES 4 SERVINGS!

SWEET POTATOES & SAUSAGE

12 OZS BULK PORK SAUSAGE	2 CUPS SLICED ONIONS
1 TSP DRIED THYME LEAVES	1 CUP FRESHLY SHREDDED PARMESAN
1/4 CUP APPLE JUICE	8 CUPS DARK ORANGE SWEET POTATOES, PEELED & CUT INTO 1/4" SLICES

SPRAY SLOW COOKER WITH COOKING SPRAY. IN SKILLET, COOK SAUSAGE UNTIL NO LONGER PINK, THEN ADD ONIONS & THYME. IN THE SLOW COOKER, LAYER HALF THE SWEET POTATO SLICES, SAUSAGE MIXTURE AND 3/4 CUP CHEESE. REPEAT WITH THE REMAINING SWEET POTATOES SLICES & SAUSAGE MIXTURE. POUR THE APPLE JUICE OVER TOP; SPRINKLE WITH REMAINING CHEESE. COVER; COOK ON HIGH FOR 2 1/2-3 HRS OR UNTIL SWEET POTATOES ARE TENDER. MAKES 8 SERVINGS. DELICIOUS, A FAVORITE FALL MEAL.

CREAMY CHICKEN POT PIE PASTA

32 OZ CHICKEN BROTH	4 1/4 CUPS UNCOOKED WIDE NOODLES
2 CUPS SHREDDED COOKED CHICKEN	2 CUPS FROZEN MIXED VEGETABLES
1 TSP DRIED THYME LEAVES	1/2 TSP EACH SALT & BLACK PEPPER
1/2 CUP HALF & HALF	2 TBLS FLAT LEAF PARSLEY

IN LARGE POT, ADD CHICKEN BROTH, EGG NOODLES, CHICKEN, VEGETABLES & SEASONINGS; HEAT TO A BOIL. REDUCE HEAT TO MEDIUM; SIMMER, UNCOVERED 8-10 MINUTES, STIRRING OCCASIONALLY, UNTIL MOST OF THE LIQUID IS ABSORBED & PASTA IS TENDER. ADD HALF & HALF; CONTINUE COOKING 1-3 MINUTES OR UNTIL HEATED THROUGH. TOP WITH PARSLEY; SERVE WITH FRENCH BREAD SLICES. MAKES 6 SERVINGS.

CHEESY WHITE CHICKEN LASAGNA

8 OZS UNCOOKED LASAGNA NOODLES	2 CUPS SHREDDED COOKED CHICKEN
1/2 CUP CHOPPED ONION	2 TSPS FINELY CHOPPED GARLIC
15 OZ JAR ALFREDO PASTA SAUCE	1 1/2 CUPS CHICKEN BROTH
1/2 TSP DRIED BASIL LEAVES	1/2 TSP SALT
1/4 TSP BLACK PEPPER	1 1/2 CUPS SHREDDED ITALIAN CHEESE
5 OZ PKG FRESH BABY SPINACH	ITALIAN SEASON (OPTIONAL)

SPRAY SLOW COOKER WITH COOKING SPRAY. ADD THE NOODLES, CHICKEN, ONIONS, GARLIC, SAUCE, CHICKEN BROTH & SEASONINGS TO SLOW COOKER. STIR; ADD 1 CUP OF THE CHEESE. COVER & COOK ON LOW HEAT FOR 1 1/2 HOURS; STIR MIXTURE MAKING SURE PASTA IS COVERED IN THE SAUCE. COVER; COOK ANOTHER 1 1/2 HOURS OR UNTIL PASTA IS TENDER. GRADUALLY ADD SPINACH, CAREFULLY STIRRING TO WILT; SPRINKLE WITH REMAINING 1/2 CUP CHEESE. INCREASE TO HIGH HEAT; COVER AND COOK 5-10 MINUTES OR UNTIL CHEESE IS MELTED. SEE WITH GARLIC TOAST & GREEN SALAD. MAKES 6 SERVINGS!

