

Benefield Chicken

BOIL A FRYER

1 1/2 TSP. SALT

1/2 TSP. PEPPER

1 CHICKEN BOUILLON KNORR

Boil chicken with salt, pepper, and bouillon breast down on medium/low for 1 hour. Take chicken out with two large spoons and place on platter. (take chicken off bones after it cools) discard bones and fat. Keep broth for our meal. Reserve 8-10 cups broth.

5 LARGE CARROTS

5 MED/LARGE POTATOES

1 WHOLE ONION

CAN OF CREAM OF CHICKEN

1/2 TSP OF PEPPER

1/2 TSP SALT & 1/2 TSP. GARLIC SALT

Turn your broth on and bring to a boil. Add cream of chicken, salt and pepper stir well. Peel your veggies. Split carrots in half then quarter add to broth. Cut potatoes into quarter pieces add to broth. Simmer on medium high heat until veggies are soft. Add chicken you took off the bone.

4 HEAPING TBSP SELF-RISING FLOUR

1 CUP OF MILK

Mix the flour and milk very well with a whisk add to your pot to thicken this meal. This makes it perfect for serving over biscuits.

“Mama made this and named it
our family name. She served it
over her open-faced biscuits.

Tammy