

More crockpot cooking

The original recipe I had called for 4 boneless chicken breasts, 1 bag frozen mixed vegetables, and 3/4 cup chicken broth, salt and pepper to taste. This could be served with potatoes or noodles. Always quick, easy and tasty, but way too much for one person. So I cut this down to try to serve 1.

I have a small crock pot to use for dip and other small recipes, so I set out to use this. I had 1 boneless chicken breast, enough vegetables for 1, chicken broth to just cover the chicken breast (just like in the big crock pot) and some red pepper flakes instead of salt and pepper. Cooked this for 3 hours on high, and served with mashed potatoes... I thought it was good. Not bad for a cool fall evening.

And this was a little healthier than my breakfast food cravings of just a little while ago. How often should one eat sausage gravy? ☐