

# Chicken And Vegetables

You can't beat this simple, healthy meal for the perfect weeknight dinner. Sprinkled with herbs and flavored with just a dash of lemon, our Chicken and Vegetables recipe focuses on freshness. Prepare enough for your family and more using NESCO's 6 Qt. Roaster Oven. The "Circle of Heat" technology cooks chicken until tender. Serve right away or save for the perfect meal-prepped lunch.

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## Lemon Herb Chicken

Lemon Herb Chicken

**Your Key Ingredient:**

[NESCO 6 or 18 Qt. Roaster Oven](#)

**Grocery Ingredients:**

3 lb whole, broiler-fryer chicken  
1/2 tsp thyme  
1/4 tsp onion powder  
1/4 tsp garlic powder  
1/4 tsp pepper  
1 lemon, sliced  
2 Tbsp butter or margarine, melted  
Juice of 1 lemon

**Instructions:**

1. Sprinkle inside of chicken cavity with thyme, onion

powder, garlic powder, and pepper. Place lemon slices inside cavity.

2. Place chicken on rack in **NESCO® Roaster Oven**. Brush with melted butter and drizzle with lemon juice.
3. Cover and cook at 375°F for 1 hour 15 minutes, or until meat thermometer inserted in breast registers 185° F. Serves 4 to 6.

*Slow Cook:* Prepare recipe as directed. Cover and cook at 225°F for 6 to 8 hours.

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# Light Italian Chicken

Light Italian Chicken

**Your Key Ingredient:**

[NESCO 6 Qt. Roaster Oven](#) or [NESCO Slow Cooker](#)

**Grocery Ingredients:**

3 lb broiler-fryer chicken, cut-up  
1 medium onion, sliced  
1/2 cup green pepper, chopped  
2 cloves garlic, minced  
14 ½ oz whole tomatoes  
4 oz mushrooms, sliced and drained  
1 tsp basil  
1 bay leaf  
1/4 tsp salt  
1/4 tsp oregano

**Instructions:**

1. Wash chicken and pat dry. Remove skin from chicken before cooking or brown pieces in non-stick skillet and drain before placing in roaster.
2. Place prepared chicken in **NESCO® Roaster Oven**. Add all remaining ingredients. Cover and cook at 325° F for 1 hour 15 minutes.

*Slow Cook: Prepare recipe as directed. Cover and cook at 225°F for 4 to 6 hours. Serves 4.*

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## Country Chicken Soup



Nourish the body and soul with our Country Chicken Soup. Made with wholesome, natural ingredients like celery, carrots, and thyme, this recipe is pure comfort food. Both the NESCO Roaster Oven or NESCO Slow Cooker simmer broth to perfection. Cold

weather calls for a second serving.

**Your Key Ingredient:**

[NESCO Roaster Oven](#) OR [NESCO Slow Cooker](#)

**Grocery Ingredients:**

3 lb whole broiler/fryer chicken  
2 onions, chopped  
3 stalks celery, sliced  
3 carrots, sliced  
1 Tbsp dry parsley flakes  
1 tsp basil  
1 bay leaf  
1/2 tsp thyme  
1 ½ tsp salt  
1/2 tsp pepper  
7 cups water  
1/2 cup instant rice  
3 cups frozen mixed vegetables

**Instructions:**

1. Place all ingredients, except rice and frozen vegetables, in **NESCO® Roaster Oven**. Cover and cook at 225°F for 7 to 8 hours.
2. Remove chicken and allow to cool slightly. Remove skin and bone; return meat to soup. Stir in rice and vegetables.
3. Add 2 cups water, or as need for desired consistency. Cover and continue cooking at 225°F for 30 minutes to 1 hour, or until vegetables and rice are done. Soup freezes well. Serves 8.

*Cook time and temperature will vary if using a **NESCO® Slow Cooker**.*

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# Roaster Oven Sunday Dinner

Although traditionally served on Sunday, our Roaster Oven Sunday Dinner is perfect for any day of the week. It has all the essentials of a classic family meal: roasted chicken, russet potatoes, and plenty of fresh herbs. Your NESCO 6 Qt. Roaster Oven makes this recipe simple. All you have to do is preheat, combine ingredients, and cover. We like to serve with a side of bread and butter.

## Your Key Ingredient:

[NESCO 6 Qt. Roaster Oven](#)

## Grocery Ingredients:

5 medium russet [baking] potatoes  
2 cups baby carrots 1 cup celery, chopped  
1 whole roasting chicken [4 ½ to 5 lbs]  
2 tsp garlic, minced  
1 ½ tsp salt  
1 tsp pepper  
1 ½ tsp ground sage  
1 tsp oregano leaves, whole  
1/2 tsp thyme leaves, whole

## Instructions:

1. Cube unpeeled potatoes into 1" pieces. Place in **NESCO® 6 Qt. Roaster Oven** cookwell. Put carrots evenly across potatoes.
2. Remove exterior wrap from chicken. Remove any parts stored in cavity. Use for gravy or discard. Rinse chicken

thoroughly inside and out. Sprinkle 1/2 tsp salt and 1/4 tsp pepper in cavity.

3. Place chicken in cookwell on top of potatoes and carrots. Rub chicken with garlic. Sprinkle remaining salt and pepper over chicken. Then sprinkle sage, oregano, and thyme over chicken.
4. Cover roaster with lid and cook at 250°F for 6 hours. Chicken will be very moist and juicy. DO NOT add any liquid to roaster. The vegetables and chicken will produce plenty of liquid to prepare a wonderful gravy.

*Submitted by Jamie Parchman, Rio Hondo, TX.*

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## Chicken, Broccoli, & Rice

Two words: cheesy and easy. Our Chicken, Broccoli, & Rice is the perfect one-pot weeknight dinner. Featuring juicy chicken, creamy soup, and tender greens, there's a whole lot to love about this classic recipe. Your NESCO Roaster Oven or Slow Cooker does the work for you – simply prep ingredients, layer, and set to cook. Feel free to swap out broccoli for cauliflower or asparagus to suit your family's preferences.

### **Your Key Ingredient:**

[NESCO Roaster Oven](#) or [NESCO Slow Cooker](#)

### **Ingredients:**

- 1 ½ cups uncooked long-grain white rice
- 1 ¾ lbs skinless, boneless chicken breast halves
- 2 cups shredded cheddar cheese (about 8 oz)

16 oz frozen broccoli cuts, thawed  
5 medium carrots, peeled and thinly sliced (about 2  $\frac{1}{2}$  cups)  
1 can Campbell's® Condensed Cream of Chicken Soup  
1 can Campbell's® Condensed Mushroom Soup  
1  $\frac{1}{2}$  cups Swanson® Chicken Broth or Swanson® Chicken Stock

### **Instructions:**

1. Spray a **NESCO® Roaster Oven** with vegetable cooking spray and add rice. Layer the chicken, 1 cup cheese, broccoli, carrots, soups, and the remaining cheese on top of the rice.
2. Pour the broth around the edges of the Roaster or Slow Cooker. Do not stir. Cover and cook on LOW for 6 hours or until the chicken is cooked through.
3. Stir the rice and vegetables before serving.

*Note: time and temperature will vary if using a Slow Cooker.*

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## **Campfire Hobo Dinner**

Enjoy the flavors of the great outdoors with Campfire Hobo Dinner. Packed with protein and vegetables, this recipe is the perfect nourishing entree after a long day on the trail. All you need is aluminum foil, a touch of your favorite seasonings, and your very own smokey campfire.

### **Grocery Ingredients:**

1/2 pound meat  
1/4 teaspoon garlic powder  
1 cup potato, sliced salt

1 cup carrot, sliced pepper  
1/2 cup onion, sliced  
4 teaspoons butter

### **Instructions:**

Preparation: 10 minutes

Cook Time: 40 minutes

1. Spray 18-inch square of aluminum foil with cooking spray.
2. Place 1/4 of the meat in center of foil. Place 1/4 of the vegetables on top of meat. Season with butter, salt, garlic powder, and pepper to taste. Fold top and sides of foil several times to seal food.
3. Always place seam side up when cooking. (You may want to double wrap if cooking on a campfire or grill). Serves 4.

**CAMPFIRE:** Place on hot coals near the edge of your campfire and allow cooking 25-30 minutes, or until meat is done

**GRILL:** Place on medium/hot grill for 40 minutes; rotate 1/2 way through cook time.