

# RECIPE CHICKEN FANTASTIC (EASY)

1.5 Kg / 2-2½ lb

serves 4-5

Broiler-Fryer pieces

¼ c. flour

1 tsp. salt

¼ tsp. pepper

2 Tbsp. vegetable oil

1 c. chopped onions

1 medium green pepper cut into ½" pieces

1 clove garlic, minced

1/3 c. ketchup

1 c. water

Hot cooked rice.

from the kitchen of

→  
Kathy Kolotylo



SAFFRON

Dredge chicken in mixture of flour, salt & pepper. In large skillet, brown chicken in oil. Remove chicken; set aside. In same skillet, sauté onions, green pepper & garlic in drippings until vegetables are tender. Stir any remaining flour mixture into vegetables, then stir in ketchup & water.

Return chicken to skillet. Cover, simmer 35 to 45 min. or until chicken is tender, basting occasionally.

Skim excess fat from sauce. Serve chicken & sauce with rice.