

Time to Cook



Chicken crock pot

Serves 5-6

Three chicken breast (Springer American Humane Association Certified)- \$7.36 (on sale from \$13.47)

Organic Carrots- \$1.69

Organic Celery- \$1.69

Sweet Onions- \$1.72

Red Potatoes- \$3.49 (on sale from 4.99)

Grand Total \$15.95 some sale prices

(no sale price \$23.56)

The potatoes, celery, onion, carrot were all bought by the bunch and there was plenty left over after the crock pot. It does not cost a lot to cook from scratch. I also had some broccoli (\$3.99) I had that I needed to use.

Essential spices:

Sea salt

Pepper and pepper grinder

Garlic Powder

Onion Powder

Paprika

Italian Seasoning

Organic Coconut Oil

Extra Virgin Organic Olive Oil

Cooking spray – no propellant

Optional:

Balsamic Vinaigrette

Sweet baby Ray's BBQ sauce

Kikkoman's Garlic Teriyaki Sauce

Fresh Garlic (Garlic Press is worth having)

Fresh Basil