



Whole Braised Chicken

1 whole chicken
1 teaspoon garlic powder
1 teaspoon dry thyme
2 teaspoons salt
1 teaspoon ground black pepper
Olive oil
16 small red or yellow potatoes
1 medium red onion
4 medium carrots
2 bay leaves
2 cups chicken stock
1/2 cup sugar snap peas
Salt & Pepper

- Preheat the oven to 400 degrees.
- Clean out the chicken. Rinse and pat dry.
- In a small bowl combine the garlic powder, salt, pepper and thyme. Rub the outside and the inside of the chicken with the spices.
- Rinse and dry the potatoes, making sure you remove all the dirt.
- Peel and cut the onion into six pieces.
- Peel and cut the carrots into 3" pieces.
- Heat your pan. Add enough olive oil to coat the bottom. Place the chicken in the heated pan and brown all sides evenly. Turn it frequently to prevent it from burning. Once browned, remove it and set it aside.
- Get rid of all but 2 tablespoons of the rendered fat. Add the potatoes, carrots and onion. Place the chicken on top of the veggies. Add the chicken stock and bay leaves. Season with

- salt and pepper to taste.
- Bring the stock to a boil. Cover the pan.* Remove it from the stove and place it in the oven.
 - Cook covered for 30 minutes. Remove the cover and cook for an additional 20 minutes or until a meat thermometer registers 165 to 170 degrees when inserted away from the bone.
 - Remove the pan from the oven and place the chicken on a carving board. Add the snap peas to the hot liquid. Carve the chicken and serve with the cooked veggies. Yum!

* You will need an 8 qt. oven proof pan to make this. I use my Dutch Oven pan for it. If you don't have a cover for your pan use aluminum foil.

You can also cook this chicken in a large crock-pot while you are at work. Simply place the browned chicken and the rest of the ingredients in the crock- pot and allow it to cook on low heat. You will have a wonderful meal when you get home from work!

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