



Tee Earls <teeearls@gmail.com>

Chicken and veg in pot

1 message

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To: Tee Earls <teeearls@gmail.com>

- Pre heat oven to 450 degrees F with the rack in the middle. Pour some oil over the chicken & rub it in. Season with garlic salt & pepper. Chop vegetables into bite sized pieces. Place the chicken in the center of a Le Creuse or a high temperature bake-safe pot. Toss the vegetables with olive oil, garlic salt & pepper. Arrange the vegetables around the chicken.
- Bake chicken & veggies covered, for about 1 hour 30 minutes or until your chicken is cooked through. Un-cover the pot and broil for about 5 minutes to brown the skin.
- Serve with vegetables, a salad. Potatoes, quinoa, rice or pasta would be great with this too!