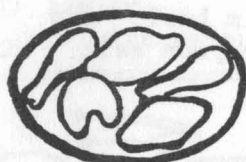
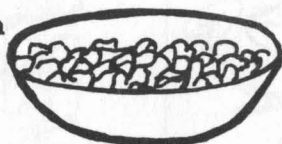


# 3 RECIPES FOR 1 CHICKEN



Smothered Chicken



Chicken Salad



Rich Rice

These recipes make enough for 5 people. Use 1 chicken. If there are more people in your family, use 2 chickens.

## What You Use:

### Recipe 1

5 pieces chicken  
3 tablespoons flour  
1 teaspoon salt  
1/2 cup fat  
1 cup water

### Recipe 2

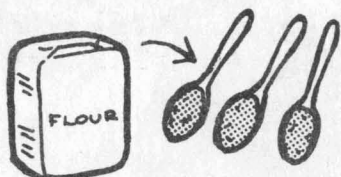
Other pieces of chicken  
1 tablespoon salt  
4 cups water  
1 apple  
1/2 cup pickles  
1/2 cup mayonnaise

### Recipe 3

Gizzard  
Liver  
4 cups chicken  
broth  
2 cups rice  
water

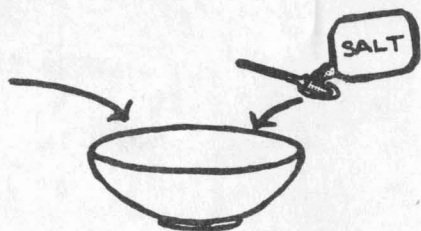
# 1. Smothered Chicken

1



Flour

3 tablespoons.



Put in bowl. Add

1 teaspoon salt. Mix.

2



Cut up chicken.  
Fry only 5 pieces.  
Put other in the  
refrigerator.



Roll chicken in flour.

3



Fat

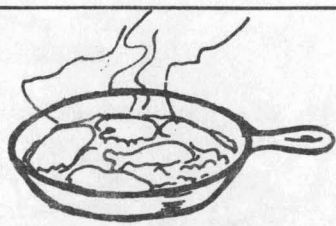


1/2 cup



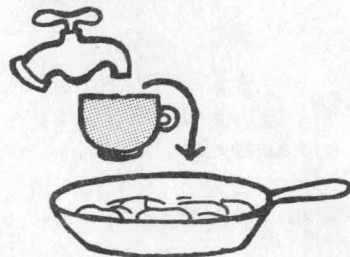
Put in frying pan.  
Heat fat.

4



Put chicken in frying  
pan. Brown both sides.  
Take pan off heat. Let  
it cool about 5 minutes.

5



Add 1 cup water. Cover  
frying pan. Cook on low  
heat. Cook 30 minutes.

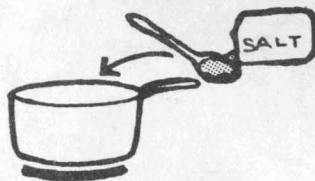
# 2. Chicken Salad

1



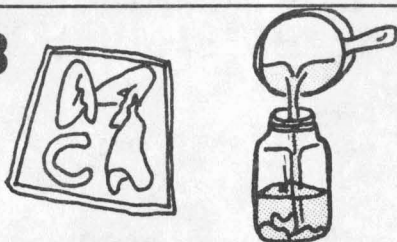
Put other pieces of chicken in boiler.  
Cover with water.

2



Add 1 tablespoon salt.  
Cook until chicken is tender - about 30 minutes.

3



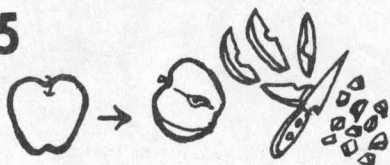
Take chicken out of boiler.  
Put chicken broth, gizzard and liver in a jar. Cover.  
Keep in refrigerator. Use in Rich Rice.

4



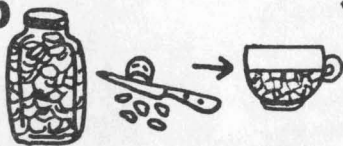
Let meat cool a few minutes. Pull all of it from bones. Cut meat in small pieces.

5



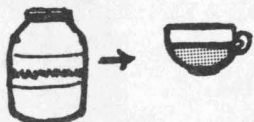
1 apple cut in small pieces.

6

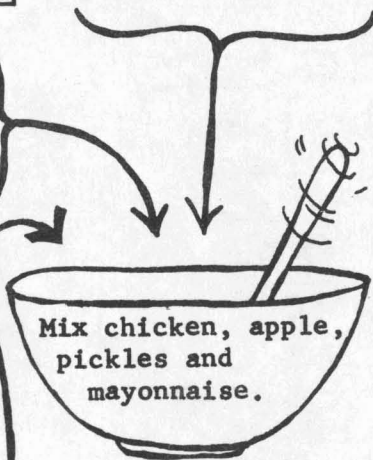


Pickles, chopped  $\frac{1}{2}$  cup.

7



Mayonnaise  $\frac{1}{2}$  cup.



Mix chicken, apple, pickles and mayonnaise.

Put in refrigerator till cool. Use it to make sandwiches. Or eat it plain.

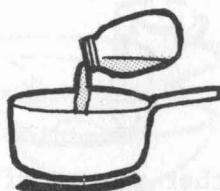
# 3. Rich Rice

1



Add enough water to the jar of chicken broth to make 1 quart (4 cups).

2



Cut the gizzard and liver in small pieces. Put in boiler with broth. Bring to a boil.

3



Rice



2 cups.



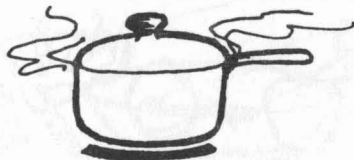
Put in boiler. Stir.

4



Put lid on boiler.  
Turn heat to low.

5



Cook about 20 minutes.  
No water will be in the  
boiler.

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