



CASSEROLE OF CHICKEN AND VEGETABLES

- 4 to 5 Pound Fryer Chicken
- Salt and Pepper to Taste
- Flour for Dredging
- 3 Carrots, Diced
- 1 Cup Diced Celery
- 1 Medium Onion, Diced
- 1 Bell Pepper, Diced
- 1 Cup Hot Water
- 2 Tablespoons Fat
- 1 ½ Tablespoons Flour
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- 1 Cup Milk

DIRECTIONS

1. Cut chicken into serving portions, season with salt and pepper, then dredge in flour.
2. Place in casserole dish.
3. Add vegetables and hot water.
4. Cook in a 275 degree oven until tender, about 3 hours.
5. Add more water if necessary
6. For sauce, melt fat, then blend in flour and salt.
7. Whisk in milk and cook until thickened, stirring constantly.
8. Add vegetable to sauce and serve over chicken.