

TEXAN-STYLE CHICKEN

Centre d'action bénévole de Valcourt, Estrie

6 portions

1.5 kg	Chicken parts
2 tbsp.	Oil
¾ cup	Chili sauce
¼ cup	Chopped onions
2 cloves	Chopped garlic
½ tbsp.	Red wine vinegar
¼ tsp.	Hot peppers
¼ tsp.	Chili powder
½ tsp.	Ground oregano
1 tbsp.	Worcestershire sauce

12 portions

3 kg	6 kg
1/3 cup	2/3 cup
1½ cup	3 cups
½ cup	1 cup
4	6
1 tbsp.	2 tbsp.
½ tsp.	1 tsp.
½ tsp.	1 tsp.
1 tsp.	2 tsp.
2 tbsp.	¼ cup

24 portions

Salt and pepper

Your choice of vegetables (celery carrot, peppers)

- Preheat oven to 350° F.
- In an oven pan, cook chicken in oil, 4 minutes.
- Put all ingredients in a pot for a few minutes.
- Pour on chicken, cover and put in oven 25 minutes.
- Serve with rice.

Cost per portion: \$0.70

Did you know that ...

Chicken is sometimes labelled "grain fed", "fermier" or "de marque". But in some countries, including Quebec, this labelling is not regulated. Chicken is delicious roasted, grilled or sautéed. Young chicken cooks well with dry heat. It generally contains less fat and the same cholesterol as butcher cuts.