

CookBook

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1 Peanut Butter Chicken

Ingredients

- 1 lb Chicken Breast
- 1/2 Cup Natural Chunky Peanut Butter
- 1/4 Cup Soy Sauce
- 1/4 Cup Honey
- 3 Cloves Garlic (crushed or diced)
- 1/4 Cup Rice Vinegar
- 1/2 Cup Chicken Broth
- 1 Tbsp Crushed Red Pepper, or 1 tspn Powdered Red Pepper
- 1 tspn lime juice

Directions

Butterfly the chicken breasts to increase surface area, and add them to a Crockpot.

Add all ingredients to mixing bowl, and mix until you achieve a consistent texture, the sauce will be slightly lumpy. Pour mixture over the chicken breasts in the Crockpot and stir chicken to ensure even distribution of the mixture.

Set temperature to the *low* setting, and let cook for 5-6 hours, occasionally mixing the chicken if possible. It will be done when the chicken is tender and falling apart. Serve and enjoy!

For a simpler recipe, only include the first 5 ingredients listed.

2 Chicken Fettuccine Alfredo

Ingredients

- 1 lb Chicken Breast
- 16 oz Heavy Cream
- 3/4 Cup Parmesan Cheese (Shredded)
- 1 Can Italian Style Stewed Tomatoes
- 4 Scallions
- 3-4 cloves Garlic
- 8 oz Fettuccine Pasta
- Oregano or Basil

Directions

Begin by heating a frying pan to medium heat, and apply just enough oil to cover the entire pan. Butterfly the chicken breasts to increase surface area, and cook in frying pan just to get a slight browning of the chicken, approximately 3 to 5 minutes or so on each side. Once finished, place the chicken breasts into a Crockpot, and evenly distribute them.

Cut the stems off of the scallions, dice them, and sprinkle them on top of the chicken. Dice and add the garlic cloves to the Crockpot as well. Strain the tomatoes in a colander, dice them, and add them to the Crockpot. Add a few dashes of oregano or basil, as well as salt, pepper, and any other spices you wish. Turn Crockpot on to its *low* setting, and let sit for 6-7 hours, stirring every few hours or so. When the chicken is tender and falling apart, it's done.

Once the chicken is cooked, take it out and dice it into small bite-size pieces, and place back into the colander. Add the heavy cream and Parmesan cheese to the Crockpot, stir, and set heat to its *high* setting. Cook the fettuccine pasta to *Al Dente*, strain, and add the noodles to the Crockpot. Mix, and let cook for an additional 30 minutes. Serve and enjoy!