

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

URBAN GARLIC CHICKEN

PAGE 68 • BEST BY:

Directions Completely thaw in refrigerator. Preheat oven to 325°F/160°C. Place chicken, breast side up, in a greased baking dish. Put carrot, celery, and onion in cavity. Roast for about 1½ hours, or until an instant-read thermometer inserted into a thigh reads 165°F/75°C. *See main recipe for slow cooker instructions.*

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing