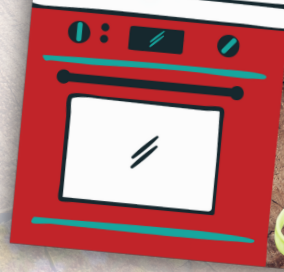


Cooking  
is  
Bliss!

## Ingredients

- 3 lbs. chicken
- 2.5 tsp Salt
- 1 tbsp Mrs. Dash original blend
- 1.5 tsp Garlic and parsley
- 1.5 tsp Onion powder
- 2 tsp Paprika
- 2 tsp Parsley
- 1 lemon
- 1 tbsp olive oil
- 1 medium onion

## Steamed Chicken (My way!)



- 5 small gold potatoes
- 4 carrots
- ¼ c vegetable oil
- 3 tomatoes
- 1 cup chicken stock + 1 tsp chicken flavor bouillon
- Parsley for garnish



1. Season chicken with salt, Mrs. Dash's original blend, garlic & parsley, onion powder, paprika, & parsley, juice of one lemon, then drizzle with olive oil & evenly coat chicken with all ingredients.
2. Cut medium onion in half then slice. Chop potatoes into 4 & slice carrots, then add to chicken. Allow marinating overnight. Add vegetable oil to a large skillet, once heated, add chicken & be careful not to crowd the pan.
3. Sear chicken on each side & set aside.
4. Once all chicken pieces are seared, remove oil from the pan, except 1 tablespoon. Add onions, potatoes & carrots to the skillet. Add any liquid left from the seasoned chicken with chicken stock and chicken bouillon to the skillet, along with tomatoes. Stir & cook on medium-high for approximately 10 minutes.
5. Pour into the bottom of a roaster pan & place the chicken on a rack then using a brush, baste the chicken with gravy.
6. Cover with foil & cook on the roast for 40 minutes
7. Remove from the oven, remove chicken from the rack & place in gravy.
8. Return to oven for approximately 10 minutes uncovered then garnish with parsley
9. Served over white rice

**ONE OF MY FAVORITE  
MEALS! STEAMED  
CHICKEN! PAN-SEARED  
CHICKEN, ROASTED, THEN  
NESTLED IN A SAVORY  
GRAVY WITH CARROTS &  
POTATOES. SO HEARTY &  
DELICIOUS!**