

Parent Night

RECIPE: Crockpot Chicken



MATERIALS NEEDED

- Crockpot
- Knife
- Measuring cups
- Foil

KIDS CAN HELP:

- Pour BBQ sauce
- Measure ingredients
- Stir ingredients
- Wrap ingredients in foil
- Place ingredients in crockpot

TOTAL COST

\$2.47 per serving

\$19.17 for all ingredients

Ingredients

- 4 boneless chicken breasts
- 1 cup barbecue sauce
- Salt and pepper, to taste
- 1 lb asparagus
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1-2 ft of foil
- Baby greens salad

Cost

SERVES: 4

PER SERVING: \$2.47

PER RECIPE: \$9.89

FOR ALL INGREDIENTS: \$19.17

Recipe

1. Place the chicken in the bottom of the crockpot.
2. Pour on 1 cup barbecue sauce. Do not add too much; the goal is to have as little liquid as possible in the bottom of the pot.
3. Wrap asparagus, garlic, and lemon juice with foil.
4. Place the asparagus packet on top of the chicken.
5. Cook on high for 5-6 hours, or on low for 7-8 hours.
6. Serve with salad.

Grocery List

WITH COST

- 2 lbs Boneless chicken breasts (\$5.00)
- 28 oz Barbecue sauce (\$2.38)
- 1 lb Asparagus (\$3.37)
- 1 Lemon (\$0.48)
- 1 Garlic head (\$1.48)
- 75 ft Foil (\$3.48)
- 1 bag Baby greens salad (\$2.98)

*Prices based on Walmart, prices may vary. Store chosen based on availability in the community.