

BETTY'S CHICKEN

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- 1 - 2 to 3 pound broiler hen
- 2 - Carrot, cut into bite size pieces
- 3 - Ribs of Celery, cut into bite size pieces
- 2 - Potatoes, cut into large bite size pieces
- 1 - Medium Onion, fine chopped

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Salt and pepper hen. Spray large pot with Pam or coat with oil. Brown hen on all sides.

Half cover hen with low sodium chicken broth, about 32 ounces, and continue to cook over low heat, slight simmer. Cook for about 1 hour or until chicken begins to fall apart. Put vegetables in after the chicken has been cooking for 30 minutes and continue cooking for another 30 minutes. Remove hen and cut meat from bones. Remove vegetables from the liquid and add "Cornstarch" to thicken the broth to your liking or as per instructions on the box. Return meat and vegetables to the pot and continue to cook for about 15 minutes.

To serve, place meat portion on plate and ladle sauce over meat.

NOTE: After putting fresh chicken on your cutting board always clean the board with Clorox clean ups to disinfects it.