

~ Creamy Coconut Pastured Chicken ~



What you will need:

1 whole pastured chicken	1/2 tsp ginger
1 13.5oz can coconut milk	3 tsp sea salt
1 cup chicken broth or water	2 T 7U pastured meat seasoning (or similar)

Heat oven to 300 degrees. (or prepare in crock-pot)
Place whole pastured chicken in a roasting pan. Pour coconut milk over chicken. Pour chicken broth or water around base of chicken. Sprinkle ginger, sea salt and pastured meat seasoning over chicken. Cover pan with a lid or tin foil and place in oven. Roast for 2 hours or until juices run clear and meat is tender. Serve chicken and broth over rice. (for a delicious gravy~ thicken broth with flour or corn starch) To make this dish in the crock-pot, prepare as above in crock-pot and turn to high for 4 to 5 hours. This can be prepared with a frozen chicken too!

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