

# ROASTED CHICKEN MEAL IDEA

## THANKSGIVING DINNER MENU

CROCKPOT CHICKEN AND  
VEGETABLES

## ENTRÉE

SAUTEED FRESH BROCCOLI  
SWEET POTATO CASSEROLE  
JELLO SALAD

## DESSERT

PEAR AND CHERRY BUCKLE

**eBook**

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A whole roasted chicken is shown in a black crockpot. The chicken is golden brown and seasoned, with some herbs visible on its surface. It is surrounded by chopped vegetables, including carrots and onions. The text "Crockpot Roasted Chicken and Vegetables" is overlaid in large white font.

# Crockpot Roasted Chicken and Vegetables

You will need:

- 1 whole grass-fed chicken
- 1/2 cup chopped onions and carrots
- 1 cup chopped potatoes
- 1 cup chicken broth
- 1 Tablespoon Italian Seasoning
- 2 teaspoon seasoning- mixture of salt, pepper and garlic powder

# Sautéed Broccoli

## Ingredients

4 cups Fresh Broccoli  
(yields 3 cups cooked  
broccoli)

1/4 cup olive oil

4 cloves minced garlic

1/4 t. sea salt

1/4 t. black pepper

1/4 cup water

2 T grated parmesan  
cheese



Heat the olive oil and minced garlic for a couple of minutes. Add in washed broccoli florets and sautéed for 3 to 4 minutes. Add the water and put on a lid. Cook for another 3 minutes. Take the lid to cook for another minute so the water will evaporate. Lastly, sprinkle the parmesan cheese on top and allow to melt.

# Sweet Potato Casserole

## Ingredients

4 1/2 cups mashed sweet potatoes  
1/2 cup butter, melted  
1/3 cup milk (evaporated or whole)  
1 cup sugar  
1/2 tsp. vanilla  
2 eggs beaten

## Topping

1 cup light brown sugar  
1/2 cup all purpose flour  
1/2 cup butter  
1 cup chopped pecans



Preheat oven to 350 degrees. Grease a 9 x 13 baking dish. You can either bake the sweet potatoes in the oven or the microwave. Bake until tender so you are able to mash the potatoes. In a large bowl, mix together mashed sweet potatoes, butter, milk, sugar, vanilla, and eggs. Spread into the dish. Then in a small bowl, mix the topping ingredients. Sprinkle on the top of the sweet potato mixture. Bake for 25 minutes or until light brown. \*\*You can always add some marshmallows on the top with the topping.

# Strawberry Jello Salad

## Ingredients

- 1 9oz carton cool whip
- 1 lg. can fruit cocktail
- 1 lg. pkg. strawberry jello
- 1 small carton sour cream
- 1 cup small marshmallows (colors)
- 1/4 cup pecans chops (optional)

Mix cool whip and sour cream together, add in fruit cocktail and marshmallows. Add in dry strawberry jello to the mixture and stir in. Top with pecans or more marshmallows.



# Pear and Cherry Buckle

## Ingredients

1 (26 ounce) cherry pie filling  
1 (15 ounce) cans diced pears in syrup  
1 (18.25 ounce) box yellow cake mix  
1 stick butter cut into small pieces  
1 (1.19 ounce) packet maple and brown sugar instant oatmeal (for the topping)

Whipping topping or ice cream, for serving

Spray a 5-quart slow cooker with olive oil and set aside. In a large bowl, combine pie filling and pears. Pour into prepared slow cooker. Sprinkle cake mix over fruit mixture. Dot with butter. Sprinkle the dry oatmeal over the top.

Place 8 paper towels over the slow cooker bowl and secure with the lid. This will help trap the steam. Cook on low setting for 4 to 6 hours. Do not lift to check cake for the first 3 hours at least.

