

7 ARROW RANCH

THE RANCHERITA'S CHICKEN RECIPES

A collection of farm-inspired
recipes for busy families

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Defrost Instructions

EAT LOCAL.
EAT CLEAN.
SAVE MONEY.
SAVE THE PLANET.

We use intensive rotational grazing of multiple species of animals directly on-pasture, rotating each species after another. This naturally fertilizes the soil and works within each animal's natural design: goats clear out weeds and scrubby brush, cows mow and trample grasses, chickens scratch for bugs and spread out manure—thereby sanitizing the soil and disrupting the parasite cycle.

All of this activity grabs carbon molecules from the air and sequesters (traps) these in the ground, providing necessary nutrients to help manure and trampled forages break down and turn into topsoil. This act of carbon sequestration cleanses the air of methane gasses.

So, by eating locally-sourced pasture-raised chicken (and other meat products), you are helping to reduce carbon emissions and save the planet! WAY TO GO!!

I got my chicken home and am ready to eat it! NOW WHAT??

How to defrost your chicken:

Fill sink or bowl with cold water

Place bagged chicken in water

Let defrost 8-10 hours

Cook and ENJOY!

Make sure your chicken reaches a final internal temperature of 165 before serving. This means you can cook to an internal temperature of 155 or so, then let rest for 10ish minutes.

Roasting a whole chicken requires a cook time of approximately 20 minutes per pound.

Spatchcock chicken and other methods may reduce this cook time to 10 minutes or so per pound. Use a meat thermometer in the thickest part to be sure.

Cooking from frozen in a slow cooker typically requires 4-8 hours on high, depending on the size of your chicken.

Cooking from frozen in a pressure cooker or Instant Pot requires about 12 minutes per pound. This is my preferred method, since I don't have to plan too far in advance, like I do roasting or spatchcocking a chicken! I toss a whole frozen chicken in my Instant Pot sometime between 11 and 3—whenever I figure out what we're going to eat for dinner. I cook on the pressure cook setting for 12 minutes per pound, then let it just sit on the "get warm" setting until 5 or 6 or whenever I'm ready to get the rest of dinner together. By the time I open the lid (long after the pressure has naturally released), I have to use tongs to remove the bones, because the meat is that tender, and then I pull out the chicken in shreds. It's perfect for just plopping on our plates with our chosen sides, or using in lasagna, tacos, gyros, arroz con pollo, chicken salad, sandwiches, or any other recipe that calls for shredded chicken. 15 minutes of prep time, and boom! Hours later, we have dinner on the table. It doesn't get any easier than that!



Whole Roasted Chicken with Lemon, Garlic & Rosemary.

Roasting a whole chicken might sound like it would be a cumbersome endeavor, but in reality it is SUPER SIMPLE! Only 15 minutes of hands-on time is required and it's a much healthier option than store-bought rotisserie chicken.

****total cook time will equal about 20 minutes per pound of weight****

Prep Time 15 mins

Cook Time 1 hr 15 mins

Total Time 1 hr 30 mins

Course: Main

Cuisine: American

Servings: 6 servings

Calories: 310kcal

Author: Susan | SimpleHealthyKitchen.com

Ingredients

- 1 4-5 lb. whole chicken washed and dried
- Kosher salt
- Freshly ground black pepper
- 1 bunch or fresh rosemary
- 2 lemons
- 1 heads garlic cut in half crosswise
- 2 Tbsp butter
- cooking /kitchen twine to truss legs

Instructions

1. Preheat oven to 425° F
2. Rinse chicken inside and out. Pat dry. Place chicken in a large roasting pan or cast iron skillet, breast side up.
3. Salt and pepper the cavity of the chicken. Cut 1 lemon in quarters and stuff in the cavity along with garlic halves, and 2-3 sprigs rosemary.
4. Truss legs (tie them together with kitchen twine).
5. Melt butter in microwave or small pan on stove. Brush the outside of chicken with butter and sprinkle with salt and pepper. Tuck wings under the body of the chicken.
6. Roast for 45 minutes and then baste with pan juices. Continue to cook for another 20-25 minutes, until golden brown and until the juices run clear when you cut between a leg and thigh. Lightly cover chicken with foil if chicken is browning too quickly.
7. Remove chicken from the oven and let rest in the cooking pan for 10-15 minutes.
8. Transfer chicken to a cutting board. Remove aromatics and vegetables from the cavity. Carve the chicken and serve on a platter. Garnish platter with remaining rosemary and lemon slices (optional).

Nutrition

Serving: 1serving | Calories: 310kcal | Protein: 49.7g | Fat: 10.8g | Saturated

Fat: 4.3g | Cholesterol: 163.2mg | Sodium: 173mg

Whole Roasted Chicken with Lemon, Garlic & Rosemary | Simple Healthy Kitchen



Roasted Spatchcock Chicken

First off, what in the world is “spatchcocked chicken??” Experts don’t entirely know, but the current theory is it came from an early term, “dispatch the cock”, to prepare a rooster for dinner.

Basically, it is a whole, butterflied chicken. Note the image and directions on the following page. Also, YouTube is a great resource: (25) How to spatchcock a chicken - BBC Good Food - YouTube

Now, onto the recipe, compliments of Roasted Spatchcock Chicken Recipe | Food Network

Ingredients

3 ½ lb whole spatchcock chicken (see next page)
2 T extra virgin olive oil, divided
Kosher salt and fresh ground pepper
2 heads garlic, cut in half horizontally
4 sprigs fresh rosemary
4 sprigs fresh thyme
1 lemon, cut in half horizontally

Need

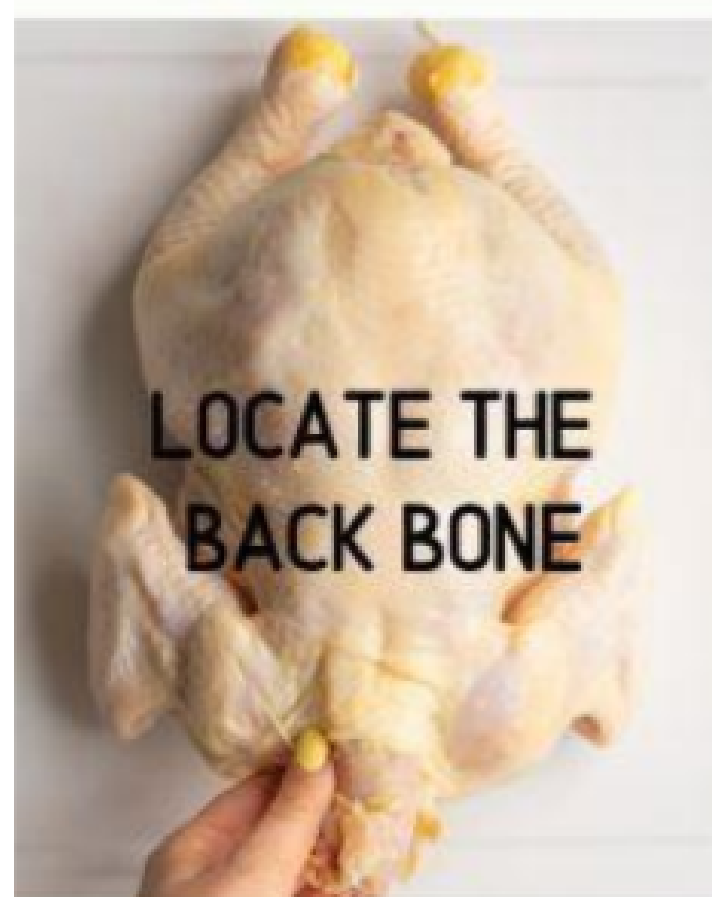
Large cast iron skillet or oven proof skillet, 1 meat thermometer, 1 pair of tongs

Directions:

1. Preheat oven to 400F. Rinse chicken, pat dry, and rub all over with 1 tablespoon of the olive oil. Generously season on both sides with salt and pepper
2. Heat a large cast-iron or other ovenproof skillet over medium-high heat. Add the remaining 1 tablespoon olive oil. When the oil is hot, place the chicken, skin side down, in the pan. Cook until the skin starts to crisp on the edges and the color is golden brown. Flip the chicken over with tongs, taking care not to splatter oil toward yourself, and add the garlic, rosemary, and thyme around the chicken in the pan. Squeeze a lemon half over the top and place both lemon halves in the pan, cut sides down.
3. Transfer the pan to the oven and roast the chicken (skin side up) for 30-35 minutes, or until a meat thermometer registers 155 F when inserted into the thickest part of the breast. Let rest for about 10 minutes, then carve and serve with pan juices.



HOW TO SPATCHCOCK A CHICKEN



Green Enchiladas Chicken Soup (Keto Slow Cooker Mexican Soup) | Seeking Good Eats

*adapted to use leftover chicken—click on original recipe link (above) to make with uncooked chicken

Prep Time: 10 MINUTES

Cook Time: 6 HOURS

Total Time: 6 HOURS 10 MINUTES

Serves: 12

Green Enchiladas Chicken Soup (Keto Slow Cooker Mexican Soup), with a creamy broth of green enchiladas sauce, salsa verde, cheeses, and tender shredded chicken, you can't go wrong with this recipe. Perfect for those busy nights! This Mexican soup recipe is keto and low carb friendly which will make everyone happy! This recipe can be made on a stovetop or in an Instant Pot.

Ingredients

2.5 lbs shredded/chopped/diced precooked chicken (i.e. leftover whole chicken, or whole rotisserie chicken)

28 oz can green enchilada sauce

16 oz chicken broth

1 cup half and half or heavy cream

2 cup Monterey jack cheese

4 oz cream cheese, cubed at room temperature (or softened)

4 oz green salsa (salsa verde)

salt and pepper to taste

Instructions

Slow Cooker Instructions:

In a 6-quart slow cooker, add shredded/chopped leftover chicken, green enchilada sauce, and chicken broth. Cook on Low 3-4 hours.

Add jack cheese, cream cheese, half and half, and green salsa to slow cooker. Turn slow cooker to warm and stir until cheeses are melted. Add hot sauce or additional salsa to taste.

Serve and enjoy! Delicious topped with avocado, cilantro, green onion, and sour cream.

Instant Pot Instructions:

Set pot to saute, and add 16 oz broth, shredded chicken, green enchilada sauce, salsa, and heat until warm.

Add cheese and remaining ingredients. Stir until cheese is melted. Season with salt and pepper if needed.

Stovetop Instructions:

Add shredded chicken, enchilada sauce, half and half, jack cheese, cream cheese, and green salsa to the pot.

Stir and heat soup until it is warm and the cheese is melted. Season with salt and pepper if needed.

Serve with additional green salsa, hot sauce, and sour cream on the side. Enjoy!



Overnight Chicken Stock in the Crock Pot - 100 Days of Real Food

Active time: 10 minutes

Cook time: 10 hours

Total time: 10 hours 10 minutes

Yield (Adjust to suit): 6

Don't waste your leftover chicken! Put it in the crockpot with water, spices & some veggies and make your own stock (freezer friendly, too!)

Ingredients

leftover chicken, including carcass, bones, etc

1 onion, peeled and loosely chopped

1 rib celery, roughly chopped

1 carrot, roughly chopped (no need to peel)

1 bay leaf

1 sprig parsley

1 sprig thyme

salt, to taste

water

Instructions

After removing all edible meat from the chicken put/leave the bones, skin, cooking juices, etc. in the crock pot.

Add the onion, celery, carrot and spices on top of the bones and fill the crock pot almost to the top with tap water (leaving about 1/2" at the top).

Turn the slow cooker onto "low" after dinner and cook all night long or alternatively you could start it in the morning and cook on "low" for 8 – 10 hours during the day.

After the stock is done cooking, turn off the heat and, using a soup ladle, pass the stock through a fine sieve to remove all herbs/bones/etc.

Either refrigerate or freeze the stock for future use. I usually freeze some in both 1 and 2-cup portions, and I also sometimes freeze stock in ice cube trays just in case I just "need a little" for making sauce or rice. This stock is great in soups like chicken noodle soup and also in rice like risotto.

Enjoy!



Easy Peasy Weeknight Dinner

This is my preferred way of getting dinner on the table with as little fuss as possible, and is my own concoction. It results in the juiciest, most tender shredded chicken you can imagine.

I menu plan here and there, but I also fly by the seat of my pants a lot. It comes with homeschooling and running a farm! Even when I menu-plan, my plan might consist of:

Mondays--something transportable (we have AHG and Trail Life)

Tuesdays--lasagna. (or something I actually spend time on. Maybe)

Wednesdays--church (they serve dinner)

Thursdays--instant pot or slow cooker (this is our extracurricular activities night)

Fridays--leftovers or out

Saturday--out at whatever activity we're at, or whatever I feel like doing

Sundays--probably cereal, sandwiches, or eggs

So, with that in mind, if I'm pulling out the Instant Pot or slow cooker, I'm probably throwing in a whole frozen chicken.

Here's what that looks like:

1. remove wrapper from frozen chicken
2. place in instant pot
3. pour in 1 c water, chicken broth, a jar of salsa or some bbq sauce (add 1/2 c water if you're putting in salsa or bbq sauce), or 1 c of some other kind of liquid(s)
4. season with salt, pepper, and whatever else makes your heart happy. I always add garlic, and usually oregano. From there--I might add cumin or various italian herbs or some bbq rub or something. Depends on what flavor I'm looking for.
5. you can also add crushed garlic cloves (smash with the flat side of a kitchen knife and toss in), half an onion (I just cut in half again and throw it in), carrots, potatoes, lemon (cut in half, squeeze juice of one half over the chicken, toss in the rest of the rind plus the other half), whatever floats your boat.
6. close lid, set to "seal", and pressure cook at 12 minutes per pound.
7. let naturally release. When it's fully done, it's ready to eat. Or, if you're like me, it might be done at 2pm, but you know you're not eating for 4 more hours! Just let it sit on the "keep warm" setting until you're ready to eat. It'll be ridiculously juicy and tender. Seriously. It'll be easier for you to remove the bones than it will be for you to try to lift out the chicken as a whole piece.
8. feel free to pour some of the remaining juice over the chicken, or add to rice, make a gravy, or strain into a mason jar, pop in your fridge or freezer (AFTER it has cooled off!!) for future recipes like this one!



Other Ideas For Leftover Chicken

I don't have recipes for any of the below suggestions. But these are items that I usually make with any leftover roasted chicken. Use these ideas to look up recipes online, or as inspiration for new and exciting recipes! Don't forget to post these online, and use #7ArrowRanch and #BurnItUpCookingShow

Chicken tacos/nachos

Sour cream chicken enchiladas

Chicken quesadillas

Chicken spaghetti

Chicken fried rice

Chicken bacon ranch soup

Chicken noodle soup

Chicken and rice soup

Chicken alfredo lasagna roll ups

Chicken alfredo bowtie pasta

Chicken pot pie

BBQ chicken pizza

Buffalo chicken anything—pizza, sandwich, pasta, nachos, even just all by itself!

Chicken salad

Grilled chicken sandwich

Chicken wrap

Greek-inspired salad with chicken, feta, spinach, olives, and grape tomatoes

