



## SLOW COOKER 5-SPICE CHICKEN

September 4

National Spice Blend Day

### INGREDIENTS

- 7 Chicken Leg Quarters (with bone, without skin; about 7 oz each)
- 1 Cup Chicken Broth
- 3 Cloves Garlic (minced)
- ½ Cup Onion (finely chopped)
- 1 Teaspoon Ginger Powder
- 1 Tablespoon 5-Spice Powder

### DIRECTIONS

1. Place the chicken in the slow cooker.
2. Pour the broth over it. Sprinkle with the garlic, onion and seasonings.
3. Cook on High for 4 hours.

### MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

### MEAL TYPE

 Lunch/Supper

### YIELD

7 Chicken Leg Quarters

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Leg Quarter	½ Leg Quarter	1 Leg Quarter	1 Leg Quarter