Community Integrated Care®

Slow Cooker Casserole!

CARE TO COOK

What you will need



1 Diced Onion



2 Chopped Carrots



4 Chicken Breasts



Chicken Casserole Mix



350ml Hot Water

Optional:



25ml Water



2 Tablespoons of Flour

What you will need



Slow Cooker



Measuring Jug



Apron

Method

Wash your hands and put on your apron.



Add the chicken breasts, diced onion and chopped carrots to the slow cooker.



Measure 350ml of hot water in a measuring jug.



Add the Chicken Casserole Mix to the hot water and pour into the slow cooker.



Cook on high in the slow cooker for 4 hours.



Stir occasionally if needed.



If you like the sauce a little thicker add 2 tablespoons of flour to 25ml of water and pour into slow cooker during the last 30 minutes of cooking.



Once cooked, serve and enjoy maybe with a Super Easy Jacket Potato.

