

### TENDER BBQ CHICKEN - CROCK POT

1 fryer chicken (3-4 lb.), cut up  
1 med. onion, thinly sliced

1 bottle KC Masterpiece BBQ sauce  
3/4 c. regular cola

Place chicken in crockpot or slow cooker. Top with onion slices. Combine BBQ sauce and cola. Pour over all. Cover and cook on low 8-10 hours or until chicken juices run clear.

Cheral Munn

### SWEET AND SAVORY BRISKET (CROCK POT)

1 beef brisket (3-3 1/2 lb.), cut in half  
1 c. ketchup  
1/4 c. grape jelly

1 envelope onion soup mix  
1/2 tsp. black pepper

Place half of the brisket in a slow cooker. In a bowl, combine the ketchup, jelly, soup mix and pepper. Spread half over meat. Top with the remaining meat and ketchup mixture. Cover and cook on low 8-10 hour or until meat is tender. Slice brisket. Serve with cooking juices. Can be used for warm sandwiches also.

Cheral Munn

### CHICKEN AND DUMPLINGS

3 chicken breasts, skinned  
1 can cream of chicken soup  
1 pkg. Kettle brand dumplings

Seasonings to taste: Tony's, salt  
and pepper

Boil chicken until very tender. Remove from broth. Cook chicken for de-boning. In broth, add dumplings, soup and seasonings. Simmer (as not to scorch). Add chicken back to broth. Cook until dumplings are cooked. Serves 5.

Lorria Sarotte

### LORRIA'S POT ROAST

1 lg. beef roast  
1 med. onion, quartered  
6 lg. potatoes, peeled and halved

1 sm. bag baby carrots  
2 T. Tony's seasoning  
Salt and pepper, to taste

(continued)