

# Recipes and Ingredient Lists from Sunday Supper on October 8th, 2023

Head Chef Susan Hyne

## Sweet 'N Sour Baked Chicken/Veggies

1-2 pounds chicken (thighs and legs)

¼ c. butter or olive oil

½ c. chopped onions

½ c. coarsely chopped green pepper

½ c. coarsely chopped carrots

### Sauce

¾ c. ketchup (can substitute tomato paste or sauce and adjust liquid)

1 c. pineapple juice

2 T. vinegar

¼ c. brown sugar

1 T. soy sauce

½ t. garlic salt

½ t. salt

¼ t. pepper

Dash cayenne

Dash ginger

1 c. pineapple chunks, drained

1-2 tomatoes

Preheat oven to 400.

In medium skillet, heat butter until melted; add onion, green pepper and carrots and cook 5 minutes, stirring.

Stir in ketchup, pineapple juice, vinegar, sugar, soy sauce, garlic salt, salt, pepper and ginger.

Cook, stirring constantly until mixture boils.

Add pineapple chunks.

Arrange chicken pieces skin side up in 9 x 13 pan. Pour sweet and sour sauce over all.

Bake covered 45 minutes. Uncover and add tomatoes.

Bake about 30 minutes longer, or until chicken tests done.

### **Green Salad**

Greens and veggies

### **Dressing**

Oil and vinegar