

# Chicken and Waffles

## Ingredients

- 1/2 whole (or 2 pounds) chicken, I use dark meat, because it has more flavor
- Salt to taste
- Pepper to taste
- 1 stalk celery, whole
- 1 medium carrot, whole
- 1 small onion, peeled and cut in half
- 1 bay leaf
- 29-32 ounces chicken broth or stock, about
- 3 Tablespoons flour
- 1/2 cup cold water
- Your favorite brand of frozen or homemade waffles



## Variations

Eat the veggies if you want.  
Or, dump broth in a stockpot & put on high heat to make the gravy.  
Make sure to toast the waffles well to soak up the gravy properly.

## Instructions

1. Heat a bit of oil in a skillet, to keep the chicken from sticking.
2. Add the chicken to the pan that has been seasoned with salt and pepper.
3. Brown the chicken. Usually takes about 15-18 minutes total.
4. In a crockpot add the chicken, vegetables, broth and bay leaf.
5. Cook 6 hours on high or until the chicken is tender.
6. Take the meat out of the crockpot.
7. Remove the skin, take the meat off the bones and cut into small pieces.
8. Remove excess fat from the broth by skimming a spoon across the top.
9. Discard the veggies and bay leaf.
10. Mix flour and water until smooth.
11. Slowly add the flour mix, stirring constantly on as high as heat as you can crank the crockpot to. Continue to cook the broth until it is a gravy consistency. Add more salt and pepper if desired.
12. Add the chicken back to the gravy to rewarm.
13. Pour over toasted waffles.

Adapted from [www.geniuskitchen.com](http://www.geniuskitchen.com)