

We are in unusual times of pandemic when time itself has become rationed. We need all the shortcuts we can get. In the hope of being of help we offer the following:

### **Stretched chicken – serves 4**

#### **Ingredients**

1 kg drumsticks (8)

420g canned tomato soup

40g French onion soup

½ cup of water

#### **Recipe**

1. Preheat oven to 180 degrees
2. Place chicken in 24cm square tin (with lid, or use aluminum foil)
3. Stir together tomato soup and onion soup mix and add ½ cup water
4. Pour over chicken legs and bake for 1 hour or until tender

Serve with mashed potato or green vegetables of your choice!

#### **Example – this was contributed by a teacher**

A teacher who cooks only at the weekends. When cool she spoons 2 legs in each of the 4 recyclable containers

1 container for grandma living alone

2 containers for lunch for students doing online education

1 container for lunch by herself