

Whiplash Chicken

- 1 onion, chopped
- 1 green pepper, sliced
- 1 cup of mushrooms, sliced
- 2 tablespoons water
- 2 teaspoons oregano
- 2 teaspoons crushed red pepper
- 1 teaspoon garlic salt
- 1 14oz can tomatoes
- 2/3 cup of peanut butter
- 2 teaspoons instant chicken bouillon
- 3 chicken breasts (cubed)

In a frying pan, cook onion, pepper and mushrooms water and spices.

In a blender, blend the rest of the ingredients except chicken.

Place all in a casserole dish.

Cover and bake at 350 for 50 minutes.

Serve with rice.

Beer Bread

- 3 cups flour
- 4-1/2 teaspoons baking powder
- 3 tablespoons sugar
- 1-1/2 teaspoons salt

