Based/Cheap as fcuk permabulkan Chicken Casserole

Chicken Stock

* Chicken carcass - 1
* Onion - 1
* Garlic - some

1. Chop onion and garlic
2. Place everything in a large pot and cover with cold water
3. Simmer for 6 hours
4. Use within 4 days

Casserole

* Chicken meat from a stripped carcass
* Chicken stock
* Mixed frozen vegetables

1. Put everything into a slow cooker
2. Cook for 4 hours