

# Chicken Drumsticks With Pumpkin Sauce

A Crock Pot Recipe!

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## Ingredients

2 Tbsp Butter  
1 Chopped small onion  
1 cup sliced mushrooms  
1 cup pumpkin puree  
1/2 cup milk or cream  
1 Tbsp chicken flavored  
tomato bullion  
2 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. cayenne pepper  
1/2 tsp. turmeric  
1 T. thyme.  
2 cups water  
1 package Seeds of  
change rice and quinoa  
mixture, garlic flavor  
1 dozen chicken  
drumsticks.

## Directions

1. Sauté the onions and mushrooms in the butter, then set aside.
2. In the crock pot, blend together the next 9 ingredients. Stir in the onion and mushrooms.
3. Mix in the quinoa mixture. If you don't have the mix, blend in about a cup of rice and quinoa and season with garlic powder or fresh garlic cloves.
4. Arrange the chicken legs into the sauce. A double layer is fine.
5. Cook on high for 5 hours or low for 7, depending on your crock pot.

