



slow cooker whole chicken

Servings
6 servings

Prep Time
10 minutes

Cook Time
4 hours

Kosher Key
Meat

Description

Lisa Leake's Slow Cooker Chicken - Cook a whole chicken in the crock pot. Simple and delicious recipe from the 100 Days of Real Food Cookbook.

Ingredients

- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1/4 tsp ground black pepper
- 1 whole onion peeled and cut into large pieces
- 2 sprigs fresh rosemary
- 2 lemon wedges
- 4 cloves garlic
- 1 large whole chicken about 4 pounds

Recipe Notes

Adapted from *100 Days of Real Food* by Lisa Leake

You will also need: slow cooker

Instructions

1. In a small bowl, combine the paprika, smoked paprika, salt, onion powder, dried thyme, garlic powder, cayenne and black pepper. Set aside.

2. Place the onion pieces in the bottom of your slow cooker.
3. Remove any giblets from the chicken and stuff it with rosemary, garlic and lemon wedges (or whatever herbs and aromatics you like).
4. Rub the outside of the chicken with the spice mixture. If you like you can also rub some of the spices on the inside of the cavity and beneath the skin covering the breasts.
5. Place the spice rubbed chicken, breast side down, on top of the onion pieces and cover the slow cooker. You won't need to add any extra liquid.
6. Cook on high for 4 hours or on low for 7 hours, or until the chicken is tender and falling off the bone.
7. Remove from the slow cooker and serve.

Nutrition Facts

Slow Cooker Whole Chicken

Amount Per Serving

Calories 248 Calories from Fat 144

%Daily Value*

Total Fat 16g **25%**

Saturated Fat 4g **20%**

Cholesterol 80mg **27%**

Sodium 464mg **19%**

Potassium 276mg **8%**

Total Carbohydrates 5g **2%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 20g **40%**

Vitamin A 10.7%

Vitamin C 26%

Calcium 2.8%

Iron 8.7%

* Percent Daily Values are based on a 2000 calorie diet.