Slow-Cooker Roasted Chicken

Prep: 10 minutes | Cook: 4-8 hours | Total: 4-8 hours 10 minutes

Yield: 12 servings | Serving Size: 4 ounces chicken meat (without skin and bones)

Ingredients

1 (5-pound) whole chicken, insides removed and skin pat dry with paper towels

2 tablespoons salt-free seasoning blend

1½ teaspoons paprika

1½ teaspoons garlic powder

1 teaspoon onion powder

1 teaspoon salt

1 teaspoon ground black pepper

Directions

1. In a small bowl, mix together the seasoning blend, paprika, garlic powder, onion powder, salt, and pepper
2. Rub the seasoning mixture over the entire chicken (including the inside).
3. Place 4 loosely crumpled up balls of foil in the bottom of the crock of a slow cooker. This will act as a stand to prevent the chicken from overcooking or drying out.
4. Place the chicken on top of the balls of foil, without pressing the chicken down on the foil.
5. Cover the slow cooker tightly with the lid and cook on High for 4-5 hours or Low for 6-8 hours.
6. Carve the chicken and serve warm.

Recipe Notes

- If you use a seasoning blend that contains salt, skip adding the salt in step 1.
- If the lid of your slow cooker does not close tightly, place a sheet of foil over the mouth of the slow cooker, then place the lid on top of that.
- Instead of the balls of foil, you can use large (2-inch) chunks of root vegetables (e.g. potatoes, carrots, onions, turnips) for your chicken stand or if your crock-pot comes with a wire rack you could use that as well.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 4 g | Saturated Fat: 1 g
Sodium: 275 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0.5 g | Protein: 37 g

Adapted from FamilyFreshMeals.com | Submitted by Dana Herring MS, RDN
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