

Slow Cooker Rotisserie Chicken



Ingredients:

- 2 large carrots cut into 3-inch pieces
- 2 celery ribs, cut into 3-inch pieces
- 1 small onion cut into rings
- Browning liquid (like Kitchen Bouquet or Gravy Master, optional)
- 1 1/2 teaspoons paprika
- 1 teaspoon dried oregano,
- 1 teaspoon onion powder,
- 1/2 teaspoon garlic powder
- Freshly ground pepper
- 1/4 teaspoon salt
- 1 (4 – 5 pound) whole roasting chicken
- Kitchen twine (optional) You can use this to tie the legs together. The chicken will keep its shape better, but is isn't necessary>
- 1/2 cup water or low sodium chicken broth (Chicken broth adds more flavor)

Good-Looking Grub

Directions:

1. Wash, peel and cut the carrots, celery and onion and place on the bottom of your slow cooker. This will keep the chicken from sitting in too much liquid and add flavor.
2. In a bowl mix the spices.
3. Wash your chicken and pat dry with paper towels. (This step is important. It will help the spices stick to the chicken.)
4. If using, brush the browning liquid on the chicken and rub the spice mix all over the chicken. It is optional but will give the chicken a nice golden color when done.
5. Place the chicken, breast side up, on top of the vegetables
6. If desired, tie the drumsticks together with kitchen twine.
7. Add the water/chicken broth. You don't want to rinse the spices off. So, pour the broth along the side of the chicken, not on top.
8. Cover and cook on low heat for 5 - 6 hours or about 4 hours on high. (Internal temperature for chicken should be 165 degrees F.

Tip:

- For me, the chicken maintains its texture better if cooked on high. Ideal for soups, casseroles, sandwiches, salads.
- If you plan to shred the meat, use the low setting. The meat will be fall off the bone tender.