

# Whole Roast Chicken - Slow Cooker method

May 2nd, 2017

Prep Time: 05:30

Cook Time: 00:00

A Slow Cooker is useful in preparing meats and stews. Slow Cooker Chicken is a great preparation that can simplify and reduce the preparation time for any meal.

## Ingredients:

1 whole chicken

1 Yellow Onion

Seasonings (optional)

## Seasoning Options

Rub with Paprika (Hot, Sweet, or Smoked)

Rub with Chimichurri Sauce

Rub with ground dried peppers (wear rubber gloves for this one)

Add Fire Roasted Tomatoes

Rub with Garlic Paste

Rub with any sauce

Rub with any dry rub

## Directions:

Note: You can cook fully frozen chicken in a slow cooker, and you can cook fully thawed chicken in a slow cooker. But you should not cook partially frozen chicken in a slow cooker. **Do not eat undercooked chicken.**

Spatchcock the Chicken

Remove and toss the giblets.

Cut the onion into thick rings and cover the bottom of the Slow cooker.

Add seasonings, or cook as-is, depending on the intended final usage.

Cooking times with YOUR Slow Cooker may vary...

For a frozen 4 pound bird, Cook on High for 2 hours, then cook on Low for another 6 hours.

For a fully-thawed 4 pound bird, Cook on High for 1 hour, then cook on Low for another 4 hours.

Chicken must reach an internal temperature of 165° (Fahrenheit).

After cooking, remove from the slow cooker and allow to cool.

Shred the meat with forks or by hand. The juice in the bottom of the Slow Cooker can be strained and used as Chicken Stock or as a sauce base.