

Crock Pot Chicken

Why I make this:

This recipe is so easy and you get to come home to dinner! The chicken is fall-off-the-bone and really tasty. 😊

Ingredients

1 organic whole roasting chicken

2 cups of chopped roasting veggies (potatoes and/or sweet potatoes, carrots, celery, onion, fennel...)

Whole Garlic cloves (as many as you like)

Olive oil

Whole lemon (optional)

Kirkland “no salt” seasoning (or just salt and pepper)

Directions

Roughly chop up about 2 cups of roasting veggies and place in the bottom of your crock pot. Toss in your whole, peeled garlic cloves.

Drizzle olive oil over top of the veggies and season with salt and pepper or “Organic No Salt Seasoning”.

Pat whole chicken dry with paper towel and place on top of veggies. Optional: Prick a lemon all over and place in the cavity of the chicken for a slightly lemony flavour.

Drizzle olive oil onto the chicken, sprinkle more seasoning and “massage” all over the chicken.

Cook on high for 6 hours or on low for 8 hours.

Enjoy fall-off-the-bone chicken and yummy veggies when you get home! There will be lots of nice liquid in the bottom so the veggies will be soft. Serve with a side salad, if desired.

After dinner, de-bone the chicken while still warm (use gloves if you like).

Tomorrow: Make a batch of quinoa and warm up the rest of the veggies/sauce in a large skillet and toss with the quinoa. Add the remaining chicken into the pan. Serve with a salad, and dinner is done! 😊

NOTE: You can also roast a chicken in about an hour in the oven, I just like coming home to dinner being done, and you can't eat how tender it gets in a crock pot!