

Slow Cooker Roasted Chicken

- After chicken is cooked, place chicken under broiler to brown. Use meat for chicken salad, with dumplings, BBQ sandwiches, casseroles, noodle soup, etc.
- Toss leftovers with 1 can black beans, 1 can corn, and a jar of salsa for a quick taco filling. See [Quick Chicken Tacos recipe](#).
- Save the chicken bones and vegetable scraps from carrot, celery and onions to make a stock. Add bones and vegetable scraps to a large pot and cover with water to a pot or slow cooker and cook on low for 6–8 hours. Season with salt, pepper, and other seasonings to taste.

Nutrition Facts	
15 servings per container	
Serving size	(176g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 170mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 389mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 15 Prep Time: 30 minutes + 5 hours

Ingredients:

- 1 large potato, quartered and chopped (any type potato)
- 2 small carrots, peeled & coarsely chopped
- 1 medium sweet onion, coarsely chopped
- 1/2 cup water
- 1 whole chicken (3-5 pounds) or breasts, thighs, or legs, or mixed cuts
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- 1 Tablespoon garlic powder
- 5 cloves of garlic (optional)

Directions:

1. Place chopped vegetables in the bottom of a 4-6 quart slow cooker with water.
2. Pat whole chicken dry and **remove** bag of extra pieces from body cavity (if inside).
3. **Combine** spices and **sprinkle** a little on the vegetables. **Rub** the chicken with the remaining spices.
4. **Cut** garlic cloves in half and **split** between the chicken cavity and the vegetables.
5. **Place** seasoned chicken (breast side down) on the vegetables.
6. **Cook** on low heat for 5-6 hours.
7. **Separate** the cuts (breasts, thighs, legs, wings, tenderloins) and **serve** separately for the week or freeze to use at a later date.

Recipe Credit:

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