

Crockpot Rotisserie Style Chicken

This whole chicken in the crockpot recipe will have you amazed that it didn't come from the Kroger deli. Take a whole chicken (Costco typically has them 2 for \$10) and use your favorite rub, or the mix recipe below – adapted from AllRecipes.com.

- 2 teaspoons salt
- 1 teaspoons paprika
- ½ teaspoon onion powder
- ½ teaspoon thyme
- ½ teaspoon white pepper
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- 1 whole chicken



Mix spices together and rub over entire chicken.

Place chicken in crockpot without any liquid – the natural juices from the chicken will serve as the needed moisture. Cook for 4 hours on high or 8 hours on low. Slow cookers vary, so check for doneness prior to the end of the cooking cycle.

If your crockpot is large enough, you can double the recipe and use 2 chickens. If you are watching your salt intake, it can be eliminated, and you can incrementally increase the other spices to your liking.

Optional – add any of the following vegetables at the beginning of the cycle - new potatoes, carrots, parsnips, turnips, or onions.