

## Slow Cooker Rotisserie Chicken Recipe



Slow cookers are great. I want to shake the hand of whoever invented them. Maybe give him or her a big squeeze. When you work full time and have kids, it's pretty handy to throw everything in a pot and have dinner ready when you get home. Rotisserie chickens that you can buy already made at the grocery store are great, but they can have seasonings and additives that are not paleo-friendly. Making your own chicken at home helps ensure that you have quality proteins and fresh ingredients.

I don't remember where I learned this tip for making rotisserie style chicken in your slow cooker, but the key is to use balled up aluminum foil in the bottom of the pot to keep the low heat surrounding the entire chicken. You are left with a delicious, tender chicken with the meat almost falling off the bone. If you don't like using aluminum foil you can use thickly chopped onion, celery and carrots to achieve the same results.

For an extra boost of flavor, try squeezing a tablespoon of fresh squeezed lemon juice over the chicken at the same time as the olive oil.

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# Paleo Slow Cooker Rotisserie Chicken

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Prep time: 10 mins

Cook time: 6-8 hours

Servings: 6

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## Ingredients:

- 1 whole chicken (4-5 lbs.), rinsed and patted dry
- 2 Tbsp. [extra virgin olive oil](#)
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- 1 tsp. [sea salt](#)
- 1 tsp. paprika
- 1 tsp. ground black pepper
- 1/2 tsp. cayenne pepper (optional)

## Equipment:

- [Slow cooker roasting rack](#) or aluminum foil
- [Slow Cooker](#)
- [Cutting board](#)
- [Measuring spoons](#)
- [Small mixing bowl](#)
- Baking dish (optional)

## Directions:

1. Make about 6 balls of aluminum foil and line the bottom of your slow cooker with them (you don't have to crunch the balls up too tight). You can also substitute chopped vegetables such as onion, carrots and celery if you don't want to use aluminum foil, or get one of these handy [slow-cooker roasting racks](#) that helps keep items elevated while cooking.
2. Combine the thyme, garlic powder, paprika, salt and pepper in a small bowl. Rub the oil all over the chicken, then and rub the seasoning over, making sure the chicken is evenly coated.
3. Place chicken in the crock pot on top of the chopped vegetables. Cook on low for 6-8 hours or until chicken is cooked through.
4. As an optional finishing step, place the oven rack in the bottom third of the oven and turn the oven on to broil. Carefully place the chicken in a baking dish and allow to broil for about 5-10 minutes until the skin is crispy and brown.

Note: Don't forget to save any leftover chicken pieces and vegetables to make your own stock! Just throw them back into the slow cooker, cover with water and let that sit on low for 4-6 hours. Add any leftover vegetables if you have them!

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