



Crockpot Rotisserie Style Chicken

Recipe from Juice Plus+ Crockpot Challenge

Serves 6--8

Ingredients:

- 5 pound roasting chicken
 - 3 tsp. salt
 - 2 tsp. paprika
 - 1 tsp. cayenne pepper
 - 1 tsp. onion powder
 - 1 tsp. dried thyme
 - ½ tsp. garlic powder
 - ½ tsp. black pepper
 - 1 cup onion, chopped (optional)
- Serve with steamed vegetables or sweet potato (optional)

Directions:

1. Remove any giblets from chicken and clean chicken.
2. In a small bowl, combine the spices. Rub spice mixture all over the chicken inside and out.
3. Place chopped onion in the bottom of your crockpot. Add chicken on top breast side down. No liquid is needed since the chicken will make it's own juices.
4. Cook on low for 7-8 hours. The chicken will be so tender it should fall off the bone when done cooking.
5. Serve with steamed vegetables or side salad.

To Freeze: Let chicken cool completely. Pull and shred chicken off the bone if you haven't already. Place meat in individual freezer bags or large containers depending on the serving size you prefer and freeze. Use frozen cooked chicken within a month or two since cooked meat can get freezer burnt much quicker. Defrost OR if it's going in a dish that will be cooked again, you don't have to thaw it first.