

# SLOW-COOKED CHICKEN

Preparation: **5 min.** | Cooking: **8 hours** | Servings: **10**

## INGREDIENTS

*1 whole chicken*  
*2 teaspoons salt-free herb seasoning*  
*1 teaspoon black pepper*  
*1 teaspoon garlic powder*  
*Steamed broccoli or vegetable of choice*



## INSTRUCTIONS

Remove inside giblets from the chicken if they are included (save them for making chicken broth). Pat the chicken dry with paper towels. In a small bowl, combine seasoning blend, pepper and garlic powder. Sprinkle half the seasonings inside the chicken. Rub the remaining seasoning on the outside of the chicken. Place the chicken breast-side-up in an oval slow cooker or neck-up in a round slow cooker. Cover and cook on low setting for 8 hours. Remove chicken from bones, and discard the skin. Serve now, or store cooked chicken in the fridge for 3-5 days. Pair with steamed broccoli or your favorite vegetable!