

# SPICED Slow Cooker Chicken

## Ingredients

Makes 2-4 Servings

- Tin Foil to make rack for chicken  
*(Roll then form circle)*
- 2 or 5 kg Whole Fresh Chicken  
*(Neck and Giblets removed)*
- 1-2 cups of Water

For Rub:

- 2 tsp Pink Himalayan Salt
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- 1 tsp Ground Black Pepper
- 1 tbsp Paprika/Smoked Paprika  
*(gives chicken AMAZING taste)*

## Directions

1. Pour 1-2 cups of water into slow cooker and create tin foil rack
2. Rinse chicken in cold water and pat dry with paper towel, then place on top of tin foil rack in the slow cooker
3. Mix spices in bowl then spread and rub over chicken  
*(if rushed for time you can just lightly season the chicken while it's in the slow cooker with all the spices!)*
4. Cook on medium-high heat for 2-4 hours  
*(always cut center to check to make sure meat is cooked and there's no pink)*

