

RECIPE: Whole Roasted Chicken

Slow cooker directions

Step 1: Ensure the chicken is fully thawed before cooking. It may take up to 24 hours in the fridge, so plan accordingly.

Step 2: Mix together the seasonings in small bowl and set aside.

Step 3: Pat chicken dry and then set aside. (You may be tempted to skip this step but it helps the chicken immensely in the slow cooker.)

Step 4: Rub spice mixture all over chicken, including beneath the skin. (The skin will remain on the whole chicken but can be easily separated to create space for the seasoning if you slide your fingers between the skin and breasts).

Step 5: Place chicken breast side up into a slow cookers and cook on low for 6-8 hours. (Timing will depend on the size of your chicken. a 4 lb chicken will be closer to 6 while a 6 lb chicken will be closer to 8 hours. Be sure chicken is cooked to an internal temp of 165 degrees).

Step 6: Ready to serve! Chicken should break apart easily and be juicy and tender!

Instant pot directions

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Step 5: Place the trivet in the bottom of the Instant Pot and add 1 cup of water. This will create the steam necessary for pressure cooking.

Step 6: Put the seasoned chicken breast side up on the trivet in the Instant Pot.

Step 7: Set to High Pressure for 6 minutes per pound, then allow a 15-minute natural release followed by a quick release.

Step 8: Note: Be sure chicken is cooked to an internal temp of 165 degrees.

Step 9: Ready to serve! Chicken should break apart easily and be juicy and tender!

Expiration date: _____



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