

GAPS

Scrumptious Chicken in a Crock Pot



Serves 6-8

Spices are a wonderful addition to Stage 5. Feel free to use any chicken parts on the bone. If you don't have time for the spices, just add onions, salt, pepper, and fat and turn it on! This is a great way to enjoy a tougher chicken. Often the soy-free pastured chickens you get from your farmer are not as plump as what you might find in the grocery store. This meat will just fall off the bone!

2 teaspoons paprika

1 teaspoon sea salt

1 teaspoon onion powder

1 teaspoon dried thyme

½ teaspoon garlic powder

1 teaspoon curry powder

1 teaspoon dried basil

1 teaspoon dried sage

¼ teaspoon black pepper

2 onions, sliced

1 whole chicken

Animal fat or ghee

Combine the dried spices in a small bowl. Place the onions in the bottom of the slow cooker. Remove any giblets from the chicken, wash it, and pat it dry. Rub the spice mixture all over it. You can even put some of the spices inside the cavity and under the skin covering the breasts. Rub some fat over the chicken. Put the

prepared chicken on top of the onions in the slow cooker, breast-side down, cover it, and turn it on to high. There is no need to add any liquid. Cook for 3-4 hours on high or 6-8 on low (for a 3-4 pound chicken), or until the meat is falling off the bone. Don't forget to make your homemade broth to freeze for Full GAPS right in the Crock-Pot with leftover bones, a few feet, a head, celery, carrot, and onion.