

Crockpot Roasted Turmeric Chicken

Prep Time: 15 minutes

Cook Time: 4-6 hours in Crockpot

Total Time: 4-6 hours

Servings: 8-12

Serving Size: About 6 ounces chicken

Ingredients:

1 (4-6 pound) whole organic, free-range chicken
½ a large lemon, sliced into wedges
4 cloves garlic, peeled and left whole
1 large onion, peeled and sliced into large half-moon shapes
A few sprigs of fresh herb or herbs of choice (sage, rosemary, thyme, oregano, etc)
1 teaspoon ground turmeric
1 teaspoon dried thyme
1 teaspoon salt
½ teaspoon black pepper (optional)
1 teaspoon garlic powder
½ cup organic chicken or vegetable broth or filtered water

Directions:

1. Combine dried thyme, turmeric, salt, pepper (if using), and garlic powder in a small bowl and mix well.
2. Rub and pat spice mixture all over whole chicken, covering it well with the spice rub.
3. Place lemon wedges and fresh herb sprigs of choice inside the body cavity of the whole chicken.
4. Arrange your onions on the bottom of your crockpot, so they cover the entire bottom of the crockpot. This will help to “hold up” the chicken away from the bottom of the pot so it gets juicier.
5. Pour broth or water into the pot, then place the whole chicken on top of the onions.
6. Cover and cook on high for 4-6 hours.
7. Remove chicken, slice, and serve!

** If you want to make *organic chicken bone broth* – this is great opportunity to do so. After you’ve sliced all the meat off the bones, place the carcass and bones back into your crockpot. Keep the onions in there too– and then add 8-12 cups water, depending on how much your crockpot holds, 3 tablespoons raw apple cider vinegar (to help draw minerals out of the bones), & a few more sprigs of herbs of choice (I recommend thyme and parsley). Cover and cook on low for 10-12 more hours. Run through a fine mesh strainer to isolate broth when its done cooking. Store broth in fridge for up to a week or in the freezer for up to 3 months. **

Tips and Tricks:

This is great way to do make-ahead meals in a very hands-off way. Roast this whole chicken for dinner one night, then use leftover meat in a new and different way another night of the week or for easy lunches.

**You can learn more about how to make bone broth and why on our blog post, *How to Make Bone Broth & Its Health Benefits*.

Nutritional Information Per Serving:

Calories: 301.6
Fat: 6.5 g
Cholesterol: 151.4 mg
Sodium: 326.4 mg
Total Carbohydrate: 1.7 g
Dietary Fiber: 0.4 g
Sugars: 0.2 g
Protein: 45.5 g