

Whole Chicken Crock Pot Recipe

Ingredients

4-5 pound whole chicken
½-1 onion
2 cups baby carrots
4 stalks celery
3 large russet potatoes
1 bay leaf
1 lemon
2 tsp minced garlic
1 cup water

Directions

Rinse chicken inside and out. Make sure all feathers are removed. Remove gizzard pouch. Pat the chicken dry with a paper towel.
Rub 1 tsp minced garlic all over chicken. Rub salt pepper and spices all over chicken. Quarter the lemon. Place it inside the chicken.
Put 1 tsp minced garlic inside the chicken.
Place baby carrots and cut celery into crock pot. Place chicken on top of carrots and celery.
Place cut potatoes and cut onion all around the chicken.
Pour 1 cup water into crock pot.
Place 1 bay leaf on top of chicken.
Cook in crock pot on low for 6-8 hours.

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Costco - Rotisserie Chicken (Whole Chicken), 42 oz (7) 6oz servings	1,960	7	98	266	6,440	7
Carrots - Raw Baby Carrots, 2 cup	50	1	0	0	110	6
Veggie - Celery - 4 stalk	8	2	0	0	56	0
Potato – Russet - 3 large (12 oz ea)	972	180	0	36	36	0
Generic - Yellow Onion Medium (Cooked), 1 cup sliced	45	11	0	1	5	5
Minced Garlic, 2 tsp	10	4	0	0	0	0
Lemon – 1 whole	16	5	0	1	0	1

[Add Ingredient](#)

Total:	3,061	210	98	304	6,647	19
Per Serving:	437	30	14	43	950	3