Crock Pot Whole Freaking Chicken

Just FOUR ingredients to make this delicious dinner!

Hello from South Carolina! This is my first post since relocating to Hilton Head Island and I'm so glad to have my crock pot unpacked and start getting settled in. I don't know about you, but after eating out for days on end, we start to miss our favorites dishes.

Nothing warms my heart more than hearing my kids ask me to make specific meals. Our first meals when my kitchen "re-opened"? My youngest asked for pasta carbonara (because it's a good belief in life that bacon makes everything better!). My oldest asked for taco night; hard and soft tortillas are a requirement– it needs to be both or none at all.

But then I got to pick! I wanted something easy to make and easy to clean up. So of course I used my crock pot!

Use root vegetables to make an “edible trivet” in the crock pot.

This recipe seriously only has four ingredients. And after a day of low and slow cooking, you can serve a whole freaking chicken. If you’d like to play with the flavors, try using different root vegetables as the “edible trivet” or rubbing the bird with different seasonings. By perching the bird on top of the veggies, the meat won’t be soaking in liquid while it is cooking and the drippings with flavor the meat with all the delicious goodness.

Other recipes recommend rubbing the skin with oil or butter, like you would if you baked the chicken in the oven, but I disagree. The skin is not going to really crisp in the crock pot, so the added calories of the lube are really not necessary.

When you try this recipe at home, please post it to the Dinner Is A Crock Facebook page and let us know how you tweaked the recipe to make it your own!

Crock Pot Whole Freaking Chicken

Time: 6-8 hours

Prep Time: 15 minutes

Serves: 6

3-4 lb whole chicken, skin on, giblets removed

6 whole carrots, peeled

1 sweet onion, quartered

1 T Mrs. Dash salt-free seasoning mix

Rinse the chicken inside and out with cold water and then pat dry with paper towels. Shake the Mrs. Dash seasonings on the outside of the chicken and also on the inside. Wash your hands. Arrange the carrots on the bottom of the crock pot like you are making an edible trivet. Then add the onions as additional perches. Place the bird on top of the vegetables and make sure the lid sits comfortably on top of the crock pot. If the lid doesn’t sit flat, adjust the veggies under the bird until it fits better. Be cautious as you reconfigure the lid and the contents so that you are not contaminating the handles with raw chicken juices. Cook on low for 6-8 hours. Remove bird carefully and carve. The vegetables also make a delicious side dish!