

INGREDIENTS

2 teaspoons paprika
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon thyme
½ teaspoon garlic powder
¼ teaspoon cayenne (red) pepper
¼ teaspoon black pepper
1 onion
1 large chicken

I also sometimes just do salt, pepper and thyme - it doesn't really matter - whatever spices you like.

INSTRUCTIONS

Combine the dried spices in a small bowl.

Loosely chop the onion and place it in the bottom of the slow cooker (I do this just in a baking dish in the oven at 300 degrees)

Remove any giblets from the chicken and then rub the spice mixture all over. You can even put some of the spices inside the cavity and under the skin covering the breasts.

Put prepared chicken on top of the onions or foil, cover it, and turn it on to high. There is no need to add any liquid.

Cook for 4 – 5 hours on high (for a 3 or 4 pound chicken) or until the chicken is falling off the bone. Don't forget to make your homemade stock with the leftover bones!