



Slow Cooker Chicken Roast

Ingredients:

2 chicken legs

2 wings

Salt, pepper and paprika to taste

3-5 cloves of garlic

1-2 tablespoons of ghee/butter/coconut oil
or any animal fat you have available.

Water, bone broth, or chicken stock
(homemade)



Preparation:

Place the legs and the wings in the crock pot or a baking tray, cover with a thin coat of fat, season with salt, pepper and paprika. Add slices of garlic on top, and water, bone broth, or chicken stock to cover half of the chicken. Cook in the slow cooker for 4-6 hours on low.

Note: If you want to make this in the oven, cover the baking tray and cook at 350 for 1.5 hours, you may need to add extra liquid should it evaporate.

