Crockpot Chicken  
\*\*\*Make sure your chicken is thawed (if frozen) and giblets/neck etc have been removed. You can use these extra parts for delicious gravy or toss them in with your carcass to make flavorful stock. I've found my crockpot can handle a chicken up to 5.5 pounds with room for carrots or potatoes.   
  
Ingredients:  
1 pasture raised chicken (Source: FFM)  
1 bunch carrots  
1 lb potatoes chopped   
4 cloves garlic diced  
1 medium onion thinly sliced  
rosemary, basil, thyme, S&P  
olive oil  
  
Lightly coat the bottom of the crockpot with olive oil and toss your carrots and potatoes into the bottom. Lay the chicken breast side up on top and drizzle with olive oil. Sprinkle generously with your spices, including the garlic and the onions. Cook on low for 8-10 hours.   
  
Season with S&P at the end to taste. Save the carcass and leftovers for use in another dish to be featured later this week! Serve with fresh greens with oil and vinegar.