Prep Time	10 minutes
Cook Time	4–5 hours (low) or 2½–3 hours (high)
Total Time	4 hours 10 minutes – 5 hours 10 minutes
Yield	4–6 servings (plus leftovers)
Difficulty	Easy
Cuisine	American / Meal Prep

Table of Contents

- Ingredients
- Equipment Needed
- Instructions
  - Step 1: Prep the Chicken — Time: 4 minutes | Intensity: Low
  - Step 2: Mix the Rotisserie Rub — Time: 2 minutes | Intensity: Low
  - Step 3: Season the Chicken — Time: 3 minutes | Intensity: Low
  - Step 4: Layer the Slow Cooker Base — Time: 2 minutes | Intensity: Low
  - Step 5: Place the Chicken — Time: 1 minute | Intensity: Low
  - Step 6: Slow Cook — Time: 4–5 hours (low) or 2½–3 hours (high) | Intensity: Low (passive)
  - Step 7: Rest the Chicken — Time: 10 minutes | Intensity: Low
  - Step 8: Make the Pan Sauce — Time: 3 minutes | Intensity: Medium
  - Step 9: Carve and Serve — Time: 4 minutes | Intensity: Medium
- Time & Intensity Summary
- Nutrition Information (Per Serving — 1/6 of chicken, light and dark meat, skinless)

Ingredients

For the chicken:

- 1 whole chicken (4–5 lbs / 1.8–2.3 kg), giblets removed
- 2 tablespoons olive oil or melted butter
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper

For the rotisserie-style rub:

- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- ½ teaspoon dried sage
- ½ teaspoon ground cumin

- ¼ teaspoon cayenne pepper (optional)
- 1 teaspoon brown sugar (optional, for caramelized color — omit for keto/Whole30)

For the slow cooker base:

- 1 large yellow onion, thickly sliced
- 4 garlic cloves, smashed
- 2 celery stalks, cut into 3-inch pieces
- 2 carrots, cut into 3-inch pieces
- 3 sprigs fresh rosemary and thyme (optional)
- ½ cup chicken broth (or water)
- 1 lemon, halved (optional, for stuffing the cavity)

For serving:

- Fresh thyme or rosemary sprigs

- Pan juices, strained (for drizzling)
- Lemon wedges

Equipment Needed

- Slow cooker (6-quart / 5.7 L or larger)
- Paper towels
- Small bowl (for the rub)
- Pastry brush or your hands
- Kitchen twine (optional, for trussing)
- Meat thermometer (essential)
- Tongs
- Cutting board and carving knife

- Fine-mesh strainer (for the juices)

Instructions

Step 1: Prep the Chicken — *Time: 4 minutes | Intensity: Low*

Remove the chicken from its packaging and discard the giblets and neck. Pat the chicken completely dry inside and out with paper towels — dry skin is essential for good color and texture. Let it sit at room temperature while you prepare the rub. If you'd like, tuck the wing tips behind the chicken's back and tie the legs together with kitchen twine for even cooking and a classic rotisserie shape.

Step 2: Mix the Rotisserie Rub — *Time: 2 minutes | Intensity: Low*

In a small bowl, combine the smoked paprika, garlic powder, onion powder, dried thyme, crushed rosemary, sage, cumin, cayenne (if using), and brown sugar (if using). Stir until evenly blended. This is the signature rotisserie flavor profile — smoky, herby, and slightly savory.

Step 3: Season the Chicken — *Time: 3 minutes | Intensity: Low*

Rub the chicken all over with the olive oil or melted butter, coating every surface. Then massage the spice rub into the skin — on the breast, legs, wings, and even inside the cavity. Use your fingers to gently loosen the skin over the breast and rub some seasoning directly onto the meat for deeper flavor. Be thorough but gentle; don't tear the skin.

Step 4: Layer the Slow Cooker Base — *Time: 2 minutes* | *Intensity: Low*

Arrange the sliced onion, smashed garlic, celery, and carrots in a single layer across the bottom of the slow cooker. These vegetables act as a “rack” that lifts the chicken out of the drippings, allowing air to circulate for more even cooking. Pour in the chicken broth. If using lemon, stuff the halved lemon into the chicken’s cavity.

Step 5: Place the Chicken — *Time: 1 minute* | *Intensity: Low*

Place the seasoned chicken breast-side up on top of the vegetable bed. This position keeps the breast meat — the leanest part — elevated above the juices, preventing it from drying out. Drape any fresh herb sprigs over the top if using.

Step 6: Slow Cook — *Time: 4–5 hours (low) or 2½–3 hours (high)* | *Intensity: Low (passive)*

Cover and cook on LOW for 4–5 hours or HIGH for 2½–3 hours, until the internal temperature in the thickest part of the thigh reaches 165°F (74°C). Do not lift the lid during cooking — slow cookers lose significant heat each time. Important: Slow cookers vary greatly. Check at the earliest time listed and use a meat thermometer — overcooked chicken becomes dry and stringy.

Step 7: Rest the Chicken — *Time: 10 minutes* | *Intensity: Low*

Carefully lift the chicken out of the slow cooker using tongs or two large spoons, letting the juices drain back into the pot. Transfer it to a cutting board and rest for 10 minutes loosely tented with foil. Resting allows the juices to redistribute, keeping every slice moist.

Step 8: Make the Pan Sauce — *Time: 3 minutes* | *Intensity:*

Medium

Strain the liquid from the slow cooker through a fine-mesh sieve into a small saucepan. Skim off excess fat from the surface, then simmer over medium-high heat for 3–5 minutes until reduced and slightly thickened into an au jus-style sauce. Taste and adjust salt.

Step 9: Carve and Serve — *Time: 4 minutes | Intensity: Medium*

Carve the chicken: remove the legs and thighs, then slice the breast meat across the grain. Arrange on a platter with the cooked vegetables, drizzle with pan sauce, and garnish with fresh herbs and lemon wedges. Serve immediately.

Time & Intensity Summary

Phase	Duration	Intensity
Prep chicken	4 minutes	Low
Mix rub	2 minutes	Low
Season chicken	3 minutes	Low
Layer slow cooker	2 minutes	Low
Place chicken	1 minute	Low
Slow cook	4–5 hours (low)	Low (passive)
Rest chicken	10 minutes	Low
Make pan sauce	3 minutes	Medium
Carve & serve	4 minutes	Medium
Total	~4½–5¼ hours	Easy

Nutrition Information (Per Serving — 1/6 of chicken, light and dark meat, skinless)

Nutrient	Amount
Calories	285 kcal
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	130 mg
Sodium	470 mg
Total Carbohydrates	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Protein	43 g
Calcium	2% DV
Iron	10% DV
Vitamin A	2% DV
Vitamin C	2% DV