

U The Lexingtonienne U

SLOW COOKER ROSEMARY GARLIC CHICKEN QUARTERS

Serves 4

- 4 chicken leg quarters
- 1 TBSP dried rosemary
- 2 tsp smoked paprika*
- 1 tsp salt
- 1 tsp onion powder
- 3/4 tsp garlic powder
- Several turns of black pepper, or about 3/4 tsp ground
- 1 TBSP canola oil
- 1 onion, sliced
- 1 lb whole carrots, peeled

** It's important that it's the smoked kind. Regular paprika doesn't quite cut it.*

Trim chicken quarters of excess skin and fat.

Combine rosemary, paprika, salt, onion powder, garlic powder, and pepper in a small dish. Rub mixture onto the skin of the chicken quarters.

Heat canola oil in a large, heavy pan over medium-high (closer to high) heat on the stove. My slow cooker has an insert that can go directly on the stovetop, which works great here. Add chicken quarters and sear for about 2-3 minutes on each side, or until golden brown. You may need to work in batches (I do 2 quarters at a time).

Spread onions along bottom of crockpot. Top with chicken quarters. Top with carrots, then season to taste with salt & pepper. Cook until chicken begins to fall off the bone, about 2 hours on high or 4 hours on low. Cooking times may vary based on your slow cooker.

