

Jerk Chicken – Slow Cooker

INGREDIENTS:

- 5 drumsticks and 5 wings (you can really use any part)
- 4 tsp. of sea salt
- 4 tsp. of paprika
- 1 tsp. of cayenne pepper
- 2 tsp. of onion powder
- 2 tsp. of thyme
- 2 tsp. of white pepper
- 2 tsp. of garlic powder
- 1 tsp. of black pepper

PROCESS:

- Mix all the spices together in a bowl to make a rub for the chicken. If you don't want your chicken to be spicy, then leave out the cayenne pepper and instead add in more onion powder, but note that the paprika will still make it slightly spicy.
- Rub the spices onto the chicken thoroughly. If your chicken has the skin on- try to get it under the skin when possible.
- Place each piece of chicken into the slow cooker (no liquid required).
- Set the slow cooker on medium or low heat (325° F) and cook for 5-6 hours or until the chicken is fork tender.

ENJOY!

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