

Chicken With Rice

HolisticQ signature recipe

We came up with this recipe for the slow cooker with a gumbo flare. This recipe will serve 6 easily! The spice of choice this week is smoked paprika. What a difference from regular paprika! This Chicken with Rice recipe is 'almost' spicy and very hearty.

Ingredients:

- 1 whole chicken
- 6 cups water
- 1 tablespoon Montreal seasoning
- 1 tablespoon dried parsley
- 1 tablespoon 'smoked' paprika
- 1 tablespoon oregano
- 1 tablespoon thyme
- 1 teaspoon red pepper flakes
- 1 large onion, chopped
- 6 celery stalks, cut up
- 6 carrots, sliced
- 8oz portabella mushrooms, sliced
- 1 and 1/2 cups brown rice, uncooked

In a slow cooker add the 6 cups of water, Montreal seasoning, parsley, smoked paprika, oregano, thyme, and red pepper flakes. Stir to combine. Add the whole chicken and cook on High until chicken falls off bone... (approx. 3 hours). Remove whole chicken and debone... returning the meat to the slow cooker. Add the onion, celery, carrots, mushrooms, and rice. Stir. Cook on low an additional 3 hours or until desired tenderness and enjoy!