

Low Nickel Slow Cooked Chicken with veggies

<https://nickelfoodallergy.com/nickel-free-slow-cooked-chicken-with-vegis/>

INGREDIENTS

2 teaspoons of garlic salt
2 teaspoons of chopped onion seasoning
2 teaspoons of dried rosemary
2 teaspoons of black pepper
½ of a sweet potato chopped
½ of a butternut squash peeled and chopped
½ of a white onion or 1-2 shallot(s)
1 cup chicken broth
4 thawed chicken thigh-leg quarters

INSTRUCTIONS

1. Mix up all the seasonings in a small bowl and place it aside.
2. Peel the outside of the butternut squash and chop up the vegetables, placing them in the bottom of the slow cooker.
3. Add the 1 cup of chicken broth.
4. Next lightly season the two sets of chicken thigh leg quarters. First place two of the chicken thigh-leg quarters on top of the vegetables and sprinkle the chicken with half of the seasonings. Place the remaining chicken thigh-leg quarters on top of the other two and sprinkle the remaining seasonings on top.
5. Turn the slow cooker on high heat for 5-6 hours or on low heat for 8 hours. During the cooking process, the meat might release fluid and you might have to drain it before serving the vegetables.
6. Once the meat is fully cook, serve it with the vegetables on the side. The meat will most likely fall off the bones. Eat and enjoy!