

Oven Roasted Whole Chicken



PREP TIME:
15 MINUTES

COOK TIME:
2 HOURS

TOTAL TIME:
2 HOURS 15 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 10-12 Servings

Ingredients:

- 6 lb. Organic Whole Oven Roaster Chicken (**roast 20 minutes for each pound**)
- 3 TBSP Olive Oil + 1 TSP for Roasting Pan
- 1 Cup Organic Chicken Broth
- 1 ½ Cups Organic Carrots- Chopped
- 1 Cup Organic Celery - Chopped
- ¾ Cup Onion - Chopped
- 1 TSP Himalayan Sea Salt (¼ for veggies & ¾ for chicken)
- ½ TSP Garlic Powder
- ½ TSP Onion Powder
- ½ TSP Cumin
- ½ TSP Rosemary
- ½ TSP Thyme
- ½ TSP Oregano
- ½ TSP Italian Seasoning
- ½ TSP Parsley

Instructions:

1. Preheat oven to 350 degrees.
2. In 9X12 roasting pan, drizzle bottom of pan with olive oil. Add all carrots, celery & onion to pan – spreading out evenly. Sprinkle with ¼ TSP sea salt.
3. Remove chicken from package and rinse – remove all inner giblets (inner cavity).
4. Place chicken in roasting pan on top of vegetables. Drizzle top of chicken with olive oil.
5. Evenly coat chicken with all seasonings (sea salt to parsley).
6. Add chicken broth to bottom of pan – around chicken – not on top of chicken. Drizzle top of chicken with few shakes olive oil (**if desired – juicier chicken**).
7. Roast 2 hours until internal temperature reaches 180 degrees. (**20 minutes for each pound**)
8. **Remove from oven, tent with foil and let rest on counter 20-30 minutes.**

***Try and use all organic ingredients if possible.**