



Super Radical Chicken and Potatoes

Ingredient List (40P, 23C, 0F):

- 2 whole chickens (~3.5 pounds each), quartered with a cleaver
- 2.5 pounds waxy, red potatoes (or sub sweet potatoes), large dice
- 1.5 (~18oz.) onions, large dice
- 4 heaping tablespoons or 1/3 cup Super Radical Rib Rub
- Fresh cilantro sprigs to garnish.

Preparation Instructions:

1. Combine all ingredients, except cilantro, in a large mixing bowl and mix well to coat with rib rub.
2. Transfer chicken and potatoes into a 6 quart slow cooker and cook on high for 6-7 hours or low for 11-12 hours.
3. Pour cooked chicken and potatoes into a 2" hotel pan and cool completely. Then, portion out into 8 portions, divide up the potatoes evenly and distribute the nice meat jelly into each container. Garnish with fresh cilantro and refrigerate for up to 5 days or freeze for up to six months.

“Keep It Paleo!”