



Cuban Chicken

Time to bring out the slow cooker and enjoy some very tender and tasty chicken!!

Ingredients:

- 1 Whole chicken, 3-4 lbs., cut into 8 serving pieces
- Salt & freshly ground pepper
- 3 Tbsp Olive Oil
- 8 Garlic cloves, coarsely chopped
- 3/4 cup Orange juice
- 3/4 cup Lime juice
- 1 Bay leaf
- 1 Yellow onion, thinly sliced
- 1/2 cup Fresh Italian parsley, minced
- 2 Limes, cut into wedges

Directions:

Season the chicken pieces with salt and pepper. In a large frying pan over medium heat, warm the oil. Add the chicken pieces, in batches if necessary, skin side down, and cook until golden brown on the bottom, about 7 minutes. Turn the chicken and cook on the second side until lightly browned, about 3 minutes longer. Transfer to the slow cooker.

Pour off all but about 1 tablespoon fat from the frying pan and return the pan to medium-high heat. Add the garlic and sauté just until fragrant, about 1 minute. Pour in the orange and lime juices. Raise the heat to high, bring to a boil, and deglaze the pan, stirring to scrape up the browned bits on the pan bottom. Pour the contents of the pan over the chicken.

Add the bay leaf, spread the onions on top, and sprinkle with 1 teaspoon salt. Cover and cook on the high-heat setting for 2-1/2 hours or low-heat setting for 5 hours. Remove and discard the bay leaf. Transfer the chicken to a serving dish. Season the sauce to taste with salt and a generous amount of pepper. Spoon the onions and sauce over the chicken, garnish with the parsley, and serve, passing the lime wedges at the table.