



JUICY CROCK POT TURKEY BREAST

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 24-28 servings. A serving is 3 oz cooked and covers your protein.



INGREDIENTS

- 1 - 7lb turkey breast, bone-in
- 1/4 cup Kerry Gold butter, lightly softened (not melted)
- 2 tsp. Pink Himalayan salt
- 1/2 tsp. black pepper
- 4 cloves garlic, minced
- 2 tsp. fresh rosemary
- 2 tsp. fresh thyme
- 2 tsp. fresh parsley
- 1/2 tsp. paprika
- 1 large yellow onion, cut in thick slices
- 1/2 cup chicken broth



DIRECTIONS

In a small bowl, mash the butter, salt, pepper, garlic, rosemary, thyme, parsley and paprika together.

Pat the turkey very dry with paper towels. Rub butter over top and sides of turkey breast, patting it down as best you can.

Grease crock pot with extra butter. Place onions on bottom and pour chicken broth over them. Place turkey breast on top of onion. (Turkey may be tight in some crock pots, but as long as the lid is on, you're fine. It will shrink as it cooks, too.)

Cover and cook 6-8 hours on low or 4-5 hours on high until internal temperature reaches at least 160°F. It will rise another 5° during broiling and resting.

If able, lift lid an hour into cooking and spread the herb butter evenly over the top and sides of the turkey with a pastry brush.

Preheat broiler with rack as high as it can go with turkey on it. Transfer turkey to a roasting pan and broil 4-8 minutes, until browned. Rest for 10 minutes before slicing. You can skip this part if you don't care about the skin.