



Fuel the Body  
Fuel the Soul

# Grilled Soda Can Chicken



**PREP TIME**  
10 MINUTES



**COOK TIME**  
1 HOUR



**SERVINGS**  
4-6

## Ingredients:

1 whole chicken  
1 can of soda or beer  
Fresh herbs  
Salt and pepper  
BBQ sauce of choice



## Procedure:

1. Salt and pepper chicken inside and out.
2. Take can and pour out 1/4 of contents, place fresh herbs into the can.
3. Shove can up the bottom of the chicken so that when the can is upright, the legs are pointing down. Balance the chicken in a 9x9 square metal pan. Glaze in BBQ sauce.
4. Grill covered for 1 hour or until chicken reaches internal temp of 165°. Baste 2-3 times with pan drippings while grilling.
5. Remove chicken from grill, carefully remove can and carve as desired.
6. Enjoy!



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