



## Crock Pot Cheddar Meatloaf

3/4 c milk  
1 egg  
1 t salt  
1 c shredded sharp cheddar cheese  
1/2 c quick-cooking oats, uncooked  
1/2 c dried onion  
1 lb ground beef  
2/3 c Red Gold ketchup  
1/2 c brown sugar, packed



Lightly grease your slow cooker.

Place your milk, egg and salt in a large bowl. Whisk until completely blended. Add your cheese, quick-cooking oats, dried onions and ground beef to the egg mixture.

Mix all of these ingredients together until well blended.

Place in slow cooker and form into a loaf.

In a separate bowl, mix together your Red Gold ketchup and brown sugar. Pour this over the top of your meatloaf.

Cover and cook on low for 4-6 hours or on high for 2-3 hours.

# Frank's piggly wiggly®

## Crock Pot Chicken & Gravy

2 (0.87 oz.) packets dry chicken gravy mix  
1 (10 ½ oz.) can cream of chicken soup  
2 cups water  
1 lb. boneless, skinless chicken breasts  
garlic powder, salt & black pepper, to taste  
1/2 cup sour cream  
rice, mashed potatoes or noodles to serve over



Season chicken breasts (both sides) with garlic powder, black pepper and just a tad bit of salt. *Note:* the chicken gravy and cream of chicken soup already have salt in them so don't go overboard on seasoning with salt (about a teaspoon should work).

In your slow cooker, whisk together the gravy packets, cream of chicken soup, and water until smooth.

Add the seasoned chicken breasts. Be sure to get them covered in gravy.

Cover and cook on low for about 6-8 hours.

Once cooked, break chicken up into chunks using a fork.

Stir in sour cream. Serve over rice, mashed potatoes or noodles.

# Frank's piggly wiggly®

## Crock Pot Maple Dijon Pork Chops

- 2 large bone-in pork chops
- 1 large yellow onion, chopped
- 3 TBS syrup
- 2 TBS Dijon mustard
- 1/4 cup cider vinegar
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 TBS vegetable oil



Heat up the oil in a large skillet over high heat. When hot, add the pork chops and sprinkle generously with salt and pepper. Sear both sides of chops over high heat (about 2 minutes per side) then transfer to your Crock Pot.

Lower the heat to medium low and add the onions. Cook until onions are just starting to soften then add the cider vinegar, syrup, mustard, salt and pepper. Cook for 2 more minutes and then pour sauce over chops in the slow cooker.

Cook on low for 6-7 hours. Serve chops drizzled generously with sauce.

# Frank's piggly wiggly®

## Crock Pot BBQ Ranch Wings

Approx. 12 -14 chicken wings, thawed  
1 (18oz) bottle Sweet Baby Ray's BBQ Sauce  
1 (1oz) packet Hidden Valley Ranch Seasoning Mix

Place chicken wings in crock pot.

Cover with lid and cook on High for 2.5 hours.

After 2.5 hours, remove juices from crock pot.

In small mixing bowl, combine Ranch Packet and BBQ Sauce and stir well.

Pour mixture over chicken.

Cover, and cook for 30 minutes more, or until done.



# Frank's piggly wiggly®

## Crock Pot French Onion Soup

- 5 Small onions, thinly sliced
- 2 cans (14.5oz ea) beef broth
- 2 cans (10oz ea) beef consommé
- 1 packet onion soup mix
- 8 slices French bread, about 1" thick
- 8 slices Provolone cheese



Combine onions, broth, consommé, and soup mix in a slow cooker. Cook on High setting for 4 hours or Low setting for 8 hours.

Ladle soup into serving bowls. Top each bowl with a slice of French bread. Place one slice of cheese over each bread slice. Put soup bowls under a broiler until the cheese is melted.

Alternatively, place the bread on a baking sheet and top with cheese; broil until the cheese has melted, about 30 to 40 seconds, and set on top of the bowls just before serving.



## Slow Cooker Italian Chicken

3 boneless, skinless chicken breasts  
2 cups Italian dressing  
2 pounds golden potatoes, halved  
1 lb baby carrots  
1 tablespoon oregano  
¼ cup parmesan  
Salt & pepper



Pour Italian dressing into base of slow cooker.

Season chicken breasts with salt & pepper and oregano.

Place into base of cooker in dressing.

Layer potatoes and carrots on top.

Cook on low for 3-4 hours.

Top with parmesan and serve.

# Frank's piggly wiggly®

## Crock Pot Pork Roast

3 lbs. Pork Roast  
8-10 dashes Worcestershire sauce  
3-5 tablespoons your favorite dry rub



Place meat in the slow cooker. Add dashes of Worcestershire sauce to the top of the meat until it is well covered. Then sprinkle heavily with dry rub.

Cook on low setting of slow cooker for 8-10 hours. Leave meat in the slow cooker on the "warm" setting for about 4 more hours or until the meat easily will pull with two forks. Internal temperature of pork roast should be between 190°F and 205°F.

Remove from slow cooker and allow to rest about 5-10 minutes. Then, slice or pull for serving, basting with pan juices from slow cooker.

Serve warm.

Leftovers should be kept in an airtight container in the refrigerator or freezer.

# Frank's piggly wiggly®

## Crock Pot Chicken Marsala

- 1 tablespoon olive oil
- 2 tablespoons chopped shallot
- 2 garlic cloves, chopped
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 boneless skinless chicken breasts
- 8 ounces baby bella mushrooms, sliced
- ¾ cup sweet Marsala wine
- 2 teaspoons cornstarch



Coat slow cooker insert with nonstick cooking spray. Combine the olive oil, shallot and garlic in bottom of slow cooker.

In a shallow dish stir together the flour, salt and black pepper. Pound the chicken to an even thickness and coat it with the flour mixture and add to the slow cooker. Scatter mushrooms over chicken and add the Marsala.

Cover and cook on LOW for 4 hours or until the chicken is tender. To thicken the sauce, turn the slow cooker up to HIGH. Combine the cornstarch with 2 teaspoons water and stir it into the chicken mixture. Cover and cook until the sauce has thickened 10 to 25 minutes. Stir in parsley. Season to taste with salt and pepper and serve.

# Frank's piggly wiggly®

## Crock Pot Ravioli Casserole

1½ lbs. ground beef  
1 onion, chopped  
1 clove garlic, minced  
1 (15 oz.) can tomato sauce  
1 can stewed tomatoes  
1 tsp. oregano  
1 tsp. Italian seasoning  
salt/pepper  
10 oz. frozen spinach,  
16 oz. bowtie pasta, cooked  
½ cup parmesan cheese, shredded  
1½ cup



mozzarella, shredded

Brown ground beef with onion and garlic. Put in crock-pot and add sauce, tomatoes and seasonings.

Cook for 6-7 hours on low.

Add the last 4 ingredients during the last 30 minutes of cooking and turn crock-pot to high. Add the spinach, pasta, parmesan and 1 cup of the mozzarella and mix it all up really well. Then add the last 1/2 cup of mozzarella to melt on the top.