



Crock Pot Broccoli Beef

- 1.5 pounds stew meat
- 1 cup beef broth
- $\frac{2}{3}$ cup low sodium soy sauce
- $\frac{1}{3}$ cup brown sugar
- 1 TBS sesame oil
- 1 TBS minced garlic
- $\frac{1}{4}$ tsp red chili flakes (optional)
- 2-4 cups broccoli florets
- 2 TBS corn starch + 4 TBS cold water



Grease the inside of a slow cooker. Add steak, beef broth, soy sauce, brown sugar, sesame oil, garlic, and chili flakes. Cover and cook on high for 2-3 hours or low 4-5 hours.

30 minutes before serving, uncover the slow cooker.

In a small, bowl whisk corn starch and water until dissolved. Add to slow cooker and stir. Cover and allow to cook another 20-25 minutes.

Just before serving, place broccoli in a large Tupperware, fill with $\frac{1}{2}$ inch of water, and place the lid on in an off-set manner so that the container can vent. Microwave on high for 3 minutes. Drain, stir broccoli into slow cooker, and serve.

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Crock Pot Sloppy Joe's

2 lbs. ground beef, browned
1 medium onion, finely chopped
4 garlic cloves, minced
2-1/2 cups tomato sauce
1 teaspoon paprika
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon brown sugar
2 teaspoons Worcestershire sauce
buns, split
Shredded mozzarella cheese for serving



Combine beef, onion, garlic, sauce, paprika, salt, pepper, sugar, and Worcestershire in a 3-qt slow-cooker. Cover and cook on low 2-1/2 to 3 hours.

Serve sloppy joe sauce on buns with shredded cheese on top.



Crock Pot Pork Roast with Apples, Carrots and Rosemary

- 2 Granny Smith apples, cored and each cut into 8 wedges
- 1 Tablespoon lemon juice
- 2-4 pounds boneless loin pork roast
- 1 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 medium onion, cut into eighths
- 4 large carrots, cut into 1 1/2-inch pieces
- 1 sprig fresh rosemary



In medium bowl, toss apples with lemon juice; set aside.

Season roast with salt and pepper.

Place half of onions and 4 to 6 apple wedges in slow cooker crock. Top with seasoned roast. Surround roast with remaining apples, onions, and carrots. Top with rosemary.

Cover and cook on HIGH for 4 hours, MEDIUM for 5 1/2 to 6 hours or LOW 7 to 8 hours.

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Crock Pot Stove Top Chicken

- 3-5 Boneless Skinless Chicken Breasts
- 3-5 Slices Swiss cheese
- 2 Cans Cream of Mushroom Soup
- ¼ cup Milk
- 1 (6oz) box Chicken Stove Top Stuffing Mix
- 1 Stick of Butter, melted



Lay chicken breasts in crockpot.

Top with slices of Swiss cheese.

Combine soup and milk, and spoon over cheese.

Sprinkle dry stuffing mix on top. Drizzle melted butter over stuffing mix.

Cover, and cook on HIGH for 4 hours, or until done.

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Crock Pot Mandarin Chicken

3 Boneless Skinless Chicken Breasts,
thawed
10 oz. Mandarin Sauce
9 oz. Smucker's Pineapple Preserves



Cover and cook chicken in crockpot on HIGH for 3 hours .

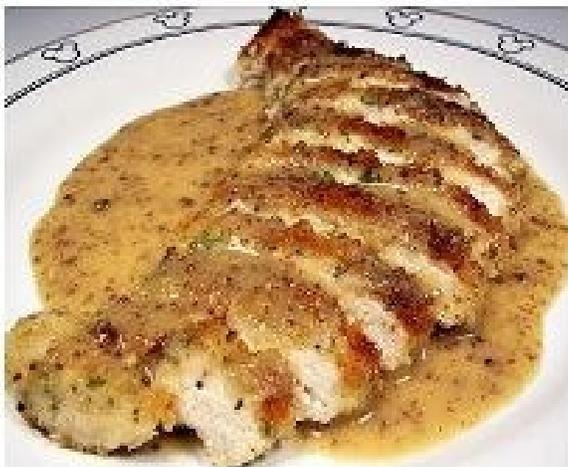
After 3 hours, drain juices from Crockpot.

Mix together Pineapple Preserves and Mandarin Sauce. Pour mixture over chicken, and cook on high for 30 more minutes.

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Crock Pot French Onion Chicken

3 Boneless Skinless Chicken Breasts
1 (10.5oz) can Campbell's French Onion Soup
½ cup Sour Cream



Cook chicken in crockpot on HIGH for 3 hours

After 3 hours, drain juices from crockpot

Mix together French Onion Soup and Sour Cream. Pour mixture over chicken, and cook on HIGH for 30 more minutes.

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Crock Pot Cheeseburger

2 lbs. Ground Chuck
3 Cloves Garlic- Pressed and Divided
¼ tsp Salt
½ tsp Pepper
8 oz. Velveeta Cheese- Cubed
2 TBS Milk
1 Onion- Finely Chopped Onion
Pretzel Rolls-Split or Hamburger Buns



Garnish: Mustard, Ketchup, Mayo, Pickles, Tomato, Etc.

Brown beef in a skillet with one clove of the garlic and seasonings.

Drain and mix with remaining ingredients in slow cooker.

Cover and cook on low for 5-6 hours.

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Crock Pot Beef Stroganoff

- 8 ounces cream cheese
- 2 cans cream of mushroom soup
- 4 TBS Worcestershire sauce
- 1 cup milk
- 1 tsp garlic salt
- 1 lb. beef stew meat
- 1 large onion
- 1 package egg noodles



Start by chopping up your onion, and putting it in fry pan with your stew meat.

Season with the garlic salt. Cook just until the onion starts to get translucent and meat is browned on outside, but not cooked through. This will help keep the meat moist while it cooks in the crock pot.

Mix together milk, mushroom soup, Worcestershire sauce, and cream cheese. Stir well so not too lumpy. Put sauce mixture and meat and onions in crock pot, put lid on, and cook on low for 4-6 hours. You can stir occasionally.

Just before finished, boil water and cook noodles according to package directions. When noodles are cooked through, and drained, stir into crock pot. Let sit about 5 minutes, then serve.

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Crock Pot Cheesy Tortellini

- 1 lb. ground Italian sausage
- 4 garlic cloves, minced
- 1 tsp dried oregano
- 1 (28 oz.) can crushed tomatoes
- 1 TBS brown sugar
- 1 9 oz. package cheese tortellini
- ½ cup grated parmesan cheese
- ½ cup grated cheddar cheese
- ½ cup grated mozzarella cheese



In a large skillet, brown sausage. Drain grease, and add garlic and oregano.

Cook until garlic becomes fragrant, but don't let it brown. Add crushed tomatoes and brown sugar and stir until combined.

Pour sausage and tomato mixture into slow cooker.

Cover and cook on low 5-6 hours.

Add tortellini, and stir into sauce. Top with cheeses, cover, and cook 15-25 minutes more, until tortellini is cooked and cheese is melted.