

# Frank's piggly wiggly®

## Tater Tot Casserole

- 1 pound ground beef, browned
- 1 can Rotel
- 1 (16oz) package of frozen Tater Tots
- 1 can Cream of Chicken Soup
- 1 small onion
- 2 cups cheddar cheese, shredded



Brown beef and add in chopped onion and Rotel. Pour beef and onion mixture on the bottom of a greased crock pot.

Mix in soup, and top mixture with tater tots across the top. Cook low for 2-3 hours.

30 minutes before you are going to serve top with shredded cheese.

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## Crockpot Hawaiian Chicken

4–5 Boneless Skinless Chicken Breasts, thawed  
1 (12oz) bottle Heinz Chili Sauce  
1 (20oz) can Dole Pineapple Chunks  
1/3 cup Brown Sugar

Cook chicken in crockpot on high for 3 hours.

After 3 hours, drain juices from crockpot  
Mix together chili sauce, brown sugar, and all of the pineapples from the can + 1/2 of the pineapple juice from the can.

Pour mixture over chicken, and cook on high for 30 more minutes, or until done.

Make sure to poke a pineapple onto your fork with a chunk of chicken for a burst of flavor with each bite!



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## Brisket Barbecue

1 small brisket (3-4lb)

1(8oz) barbecue sauce

For the Rub:

2 tsp chili powder

2 tsp garlic powder

1 tsp ground cumin

1 tsp onion powder

1/3 cup brown sugar

salt

pepper



Sprinkle brisket generously with salt and pepper.

Mix together other dry ingredients and rub into meat.

Place brisket (fat side up) in a crockpot and pour half of sauce over meat. Cook on low for 9-10 hours.

You can pour the rest of barbecue sauce over meat, or serve it on the side.



## Chicken & Dumplings

2 skinless, boneless chicken breast halves  
1 tablespoon butter  
1 (10.75oz) can condensed cream of chicken soup  
1 (10oz) pkg refrigerated biscuit dough,  
    torn into pieces  
1 can mixed veggies (drained)  
1 tsp cumin  
1/2 tsp black pepper  
sprinkle of cayenne pepper  
1/2 tsp onion powder  
1 cup chicken stock  
pinch of salt



Place all ingredients in the crock pot except biscuits.

Cover and cook on low for 5 – 6 hours.

About 2 hours before serving tear up the biscuit dough (into 1/4ths) and place in the crock pot. Make sure the “dumplings” are cooked through.



## Crockpot Brown Sugar Balsamic Glazed Pork Tenderloin

2 pounds Pork tenderloin  
1 teaspoon Ground sage  
½ teaspoon Salt  
¼ teaspoon Pepper  
1 clove Garlic; crushed  
½ cup Water  
½ cup Brown sugar  
1 tablespoon Cornstarch  
¼ cup Balsamic Vinegar  
½ cup Water  
2 tablespoons Soy sauce



Mix together the seasonings: sage, salt, pepper and garlic.

Rub over tenderloin. Place ½ cup water in slow cooker; place tenderloin in slow cooker. Cook on low for 6-8 hours.

One hour before the roast is finished, mix together the ingredients for the glaze in a small sauce pan: brown sugar, cornstarch, balsamic vinegar, water, soy sauce.

Heat over medium and stir until mixture thickens, about 4 minutes.

Brush roast with glaze 2 or 3 times during the last hour of cooking. (For a more caramelized crust: remove from crockpot and place on aluminum lined sheet pan, glaze, and set under broiler for 1-2 minutes until bubbly and caramelized. Repeat 2 to 3 more times until desired crust is achieved.)

Serve with remaining glaze on the side.

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## Pot Roast

3 lbs boneless beef chuck roast  
1 packet Lipton Onion Recipe Soup Mix  
1 can cream of mushroom soup  
Carrots  
Potatoes  
1 can of water

Add everything into the crock pot except the potatoes and cook on high for 6 hours.

Add in potatoes and cook for another hour.



## Honey Rosemary Chicken

- 12 skinless bone-in chicken thighs (about 5 pounds)
- 1 tablespoon vegetable oil
- 1 pound baby Yukon Gold potatoes
- 2 medium onions, cut into thin wedges
- 4 garlic cloves, minced
- 1/4 cup honey
- 2 tablespoons fresh lemon juice
- 2 tablespoons cornstarch
- 1 tablespoon coarsely chopped fresh rosemary, plus sprigs for garnish
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Rinse chicken and pat dry. Heat oil in a large nonstick skillet over moderately high heat. Add chicken and cook, turning, until browned on all sides, about 8 minutes.

Place the potatoes, onion and garlic in a 4- to 6-quart slow cooker; top with chicken. Stir together honey, juice, cornstarch, rosemary, salt and pepper in a small bowl. Pour over chicken.

Cover and cook, 6 to 8 hours on low or 3 to 4 hours on high.





## Ranch Pork Chops

4 pork chops, about 1/2" thick  
a little oil for browning  
1 TBS DRY Ranch Dressing Mix  
1 (10oz) can cream of chicken soup, undiluted  
Mashed Potatoes



Quickly brown the pork chops on both sides over medium high heat in a little bit of oil. Don't completely cook them, just give them a quick sear.

Place them in your crock pot and sprinkle with the ranch dressing mix. Pour the soup over the top.

Cook on LOW heat for 5-6 hours, or on HIGH heat for 3-4 hours. Serve with hot mashed potatoes.

## Creamy Chicken Noodle Soup

4-5 frozen boneless skinless chicken breasts  
4 carrot sticks graded chopped  
4 celery sticks rinsed and chopped  
1 (32oz) carton of chicken stock  
1- 1/2 cans of cream of chicken soup  
1- 1/2 c. of water  
1 c. of milk  
a couple shakes of salt, pepper  
1- 1/2 TBS of onion flake  
1 TBS dry basil  
1 tsp. of thyme  
1/2 bag egg noodles, cooked, rinsed and drained



Place all the wet ingredients, veggies and seasonings in the crock pot, whisk them together. Place the frozen chicken breasts on top. Cook low 4-6 hrs.

During the last 1/2 hour to hour, pull out your chicken breasts and shred with two forks and then add the chicken back in and add the egg noodles .

## Garlic Pepper Shrimp

- 1/2 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 3 tablespoons dry white wine or cooking sherry
- 6-8 cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon kosher salt
- 3 tablespoons freshly ground black pepper
- 1 teaspoon crushed red pepper flakes
- 2 pounds of extra-large (26-30 count) raw shrimp

Combine the oil, lemon juice, wine, garlic, paprika, salt, black pepper and crushed red pepper flakes in a 5 or 6 quart slow cooker, stirring until blended. Cover and cook on high for 25 to 30 minutes to soften the garlic and develop the flavors.

Stir in the shrimp and coat evenly. Cover and cook for about 10 minutes, then stir to ensure the shrimp are cooking evenly. Cover again, and cook for an additional 10 minutes or until all of the shrimp are done.

Transfer the shrimp and sauce to a wide, shallow serving dish and serve!



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## Greek Chicken

- 3-4 boneless, skinless chicken breasts
- 3 Tbsp. Greek Rub (recipe on back)
- 1 1/2 Tbsp. minced garlic
- 3 Tbsp. lemon juice
- 1 1/2 cups hot water
- 2 chicken bullion cubes

Line slow cooker with liner or cooking spray.



Rub each chicken breast with Greek Rub to coat generously on each side. Next, rub about 1/2 TBS of garlic on each chicken breast.

Place chicken breast in slow cooker and drizzle lemon juice over the top. Crumble and stir 2 chicken bullion cubes in 1 1/2 cups of hot water. Once dissolved and stirred as best as possible. Pour over chicken. Cover with slow cooker lid.

Cook on LOW for 6 hours, or until cooked through and tender.

## Greek Rub

1/2 teaspoon sea salt	1/2 teaspoon ground nutmeg
1 teaspoon cracked black pepper	1/2 teaspoon dried marjoram
1 1/2 teaspoons onion powder	2 teaspoons dried oregano
1 1/2 teaspoons garlic powder	1 teaspoon dried thyme
1 teaspoon chicken bouillon granules	1 teaspoon dried parsley
1/2 teaspoon ground cinnamon	

Combine thoroughly in a small bowl.

Store unused rub in an airtight jar.

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## Beef Tips

- 1 Package of Beef Stew Meat
- 1 Pack Brown Gravy
- 1 Pack Onion Soup Mix
- 2 Cans Cream of Mushroom Soup
- 1 Can Mushrooms
- Egg Noodles



In the crock pot combine the packages of brown gravy, onion soup mix, 2 cans of cream of mushroom soup and the (drained) can of mushrooms. Next add 2 cups of water and meat.

Stir, add any seasoning, and cover.

Cook on low For 6 hours.

Serve over egg noodles or mashed potatoes.



## Broccoli Cheese Soup

- 1 (32oz) bag frozen chopped broccoli
- 2 (10 3/4oz) cans cheddar cheese soup
- 2 (12oz) cans evaporated milk
- 2 TBS Mrs. Dash seasoning mix
- 1 tsp black pepper
- 1/2 onion (chopped)



Combine all ingredients in slow cooker and stir together.

Cover and cook on low 4-5 hours.

\*Note: Do not overcook or broccoli will become mushy.



## Cream Cheese Chicken

3 lbs chicken pieces  
1 (2/3 ounce) package Italian salad dressing mix  
4 tablespoons melted butter (divided)  
1 small onion, chopped  
1 garlic clove, chopped  
1 (10 1/2 ounce) can cream of chicken soup  
8 ounces cream cheese  
1/2 cup chicken broth

Place chicken pieces in crock pot and sprinkle Italian seasoning over chicken. Sprinkle with 2 tablespoons melted butter.

Cook on low for 4-6 hours.

Melt 2 tablespoons butter in a sauce pan and saute onion and garlic. Add Cream of Chicken Soup, cream cheese, and chicken broth. Stir until smooth.

Add this mixture to crock pot and cook on low for an additional hour.



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## Slow Country Boil

3-4 quarts cold water

1/4 cup Old Bay or other spicy seasoning (less if you can't handle spicy)

1 tablespoon kosher salt, plus more, to taste

4 celery stalks, cut into 1-inch pieces

1 yellow onion, diced

1 head garlic, halved

2-2 1/2 pounds small red potatoes

3-4 ears corn, shucked, each cut into 4 pieces

2 pounds smoked sausage, cut into 1 1/2-inch slices

2 pounds medium shrimp, in the shell, deveined

In a slow cooker combine the water, Old Bay seasoning, salt, celery, onion, garlic and potatoes and cook on low heat until the potatoes are tender when pierced with a knife, 4-6 hours.

Add the corn and sausage to the crock pot and simmer until the corn is tender, 1-2 more hours. Add the shrimp and simmer until opaque, 20 to 30 minutes more. Taste the broth and adjust the seasonings with salt and pepper, if necessary. Serve immediately.



## Shredded Beef Tacos

1 (2 pound) London Broil steak  
1/4 cup vinegar  
3 beef boullion cubes  
1 tablespoon cumin  
2 cups water  
1/2 onion, chopped  
1 jalapeno pepper

Place the steak in the crockpot.



Pop the vinegar, bouillon cubes, cumin, water, onion, and jalapeno in a blender. Blend until pureed. Pour pureed mixture over the steak. Cover with a lid and cook on low for 6-8 hours.

When beef is extremely tender, use two forks to shred it into very fine pieces. Return to crockpot, allow to sit in any remaining juices and reheat until ready to serve.



## Sour Cream Chicken

2-4 chicken breasts

1 can cream of chicken soup

½ c mayo

2 Tb chopped onion or sprinkled dry onion

½ pint sour cream

1 cup cheese

1 tsp lemon juice

salt and pepper

Place chicken, cream of chicken soup, onion, lemon juice, salt and pepper in crockpot and cook on low 6-8 hrs or high 3-4 hours.

During the last hour of cooking time, shred chicken then add mayo, sour cream and cheese.

Serve over rice and sprinkled with shredded cheese, salt and pepper.



## CROCK POT STUFFED PEPPERS

4-6 peppers of your choice  
1 lb ground beef  
1 cup cooked rice  
1 can flavored tomatoes  
1 tsp Worcestershire sauce  
2 TBS ketchup  
1 tsp black pepper  
1/3 cup water



In a bowl, mix the ground beef, rice, tomatoes, Worcestershire, ketchup and pepper.

Wash and clean out the peppers. Save the tops.

Stuff each pepper with a good amount of the ground beef and rice mixture. Nestle the peppers into your crock and put the tops back on.

Pour in 1/3 cup of water around the bases of the peppers cook on low for 6-8 hours.

## Balsamic Chicken

1tsp garlic powder  
1 tsp dried basil  
½ tsp salt  
½ tsp pepper  
2 tsp dried minced onions  
1 TBS extra virgin olive oil  
½ c balsamic vinegar  
8 boneless, skinless chicken thighs or breasts  
Sprinkle of fresh chopped parsley

Combine the first five dry spices in a small bowl and spread over chicken on both sides. Set aside. Pour olive oil and garlic on the bottom of the crock pot. Place chicken on top. Pour balsamic vinegar over the chicken. Cover and cook on high for 4 hours or low for 8 hours. Sprinkle with fresh parsley to serve.





## Hearty Beef Chili

1-1/2lb. lean ground beef  
2 (15oz) cans red kidney beans, rinsed  
1(16oz) can no-salt-added tomato sauce  
1-1/2cups thick & chunky mild salsa  
1cup frozen corn  
1 onion, chopped  
2 TBS chili powder  
1cup finely shredded four cheese



Brown meat; drain.

Add to slow cooker with all remaining ingredients except cheese; stir.

Cover with lid.

Cook on LOW 5 to 6 hours.

STIR before serving. Serve topped with cheese.



## Ham & Potato Casserole

- 1 (30oz) pkg frozen hash brown potatoes, cubed or shredded
- 1 tablespoon dried minced onion
- 1 teaspoon salt
- 1 (8oz) container sour cream
- 1 (10.75oz) can reduced fat cream of chicken soup
- 2 cups grated cheddar cheese
- 2 cups cooked chopped ham (ham leftovers are perfect)
- 1/4 cup butter, melted
- 1 (6oz) package, herb-seasoned stuffing mix

Spray slow cooker with non-stick cooking spray.

Combine hash browns, dried onion, salt, sour cream, cream of chicken soup, cheese, and ham and place in slow cooker. Sprinkle stuffing mix over top, then drizzle melted butter over stuffing.

Cover and cook on low for 5-6 hours or high 2-4 hours.





## Chicken Cordon Bleu

6 skinless, boneless chicken breast halves  
1 (10.75oz) can condensed cream of chicken soup  
1 cup milk  
4 ounces sliced ham  
4 ounces sliced Swiss cheese  
1 (8oz) package herbed dry bread stuffing mix  
1/4 cup butter, melted

Mix together the cream of chicken soup and milk in a small bowl. Pour enough of the soup into a slow cooker to cover the bottom. Layer chicken breasts over the sauce. Cover with slices of ham and then Swiss cheese. Pour the remaining soup over the layers, stirring a little to distribute between layers. Sprinkle the stuffing on top, and drizzle butter over stuffing.

Cover, and cook on Low for 4 to 6 hours, or 2 to 3 hours on High.



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## Lasagna

1lb. ground beef  
1jar (24 oz.) spaghetti sauce  
1cup water  
1container (15 oz.) Ricotta Cheese  
1 (7oz) pkg shredded mozzarella cheese, divided  
1/4cup grated Parmesan cheese, divided  
1 egg  
2TBS chopped fresh parsley  
6 lasagna noodles, uncooked

Brown meat in large skillet; drain. Stir in spaghetti sauce and water. Mix ricotta, 1-1/2 cups mozzarella, 2 Tbsp. Parmesan, egg and parsley.

Spoon 1 cup meat sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and cheese mixture. Cover with 2 cups meat sauce. Top with remaining noodles (broken to fit), cheese mixture and meat sauce. Cover with lid.

Cook on LOW 4 to 6 hours or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until melted.



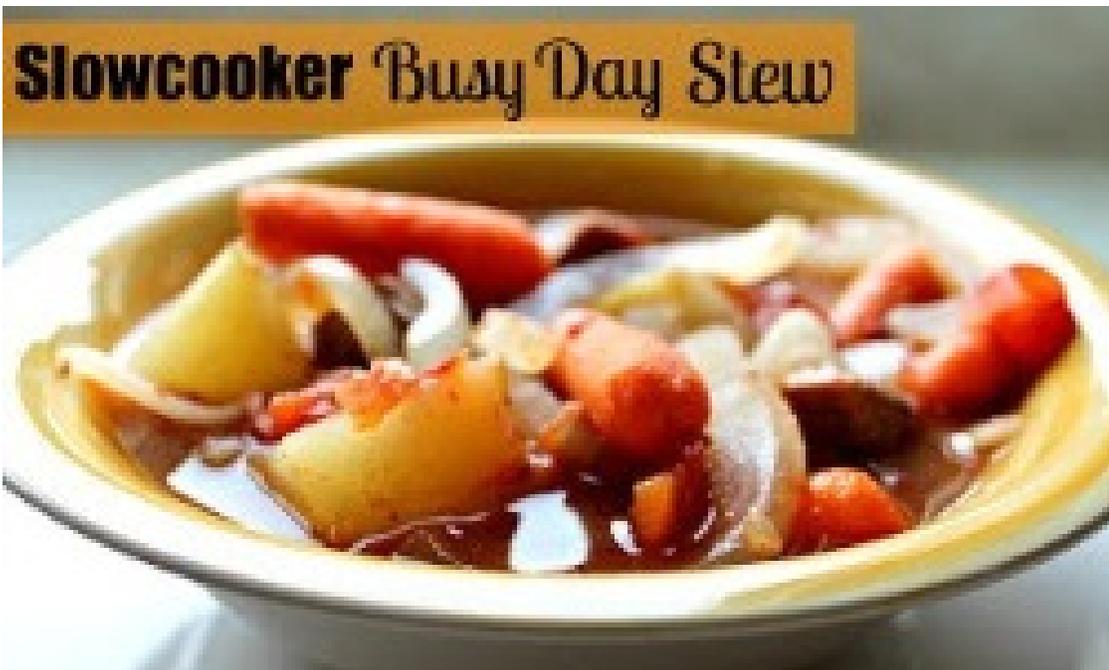
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## Busy Day Stew

- 1 to 2 pounds of stew meat
- 1 small bag of baby carrots
- 1 onion chopped
- 2 large potatoes, chopped
- 1 can diced tomatoes
- 1 large tomato, cut
- 2 cloves garlic, minced (optional)
- 1/2 package of taco seasoning mix
- 1 can of beef broth

In your crock pot add your stew meat, carrots, onion, potatoes, canned and large tomatoes, and garlic. Sprinkle the taco seasoning on top then add your beef broth.

Cook on Low for 6 to 8 hours or until carrots and potatoes are soft.





## Saucy Ravioli & Meatballs

Nonstick cooking spray

2 (26oz) jars spaghetti sauce

2 (24oz) packages frozen ravioli

1 (12oz) pkg frozen cooked Italian meatballs, thawed

2 cups shredded mozzarella cheese (8 ounces)

½ cup finely shredded Parmesan cheese

Lightly coat a 5 1/2- or 6-quart slow cooker with cooking spray. Add 1 cup of the spaghetti sauce. Add frozen ravioli from one package and the meatballs. Sprinkle with 1 cup of the mozzarella cheese. Top with remaining spaghetti sauce from first jar. Add ravioli from remaining package and remaining 1 cup mozzarella cheese. Pour spaghetti sauce from second jar over mixture in cooker.

Cover; cook on low-heat setting for 4 1/2 to 5 hours or on high-heat setting for 2 1/2 to 3 hours.

Turn off cooker. Sprinkle ravioli mixture with Parmesan cheese. Cover; let stand for 15 minutes before serving.



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## Parmesan Pork Chops

6-8 bone-in pork chops, thawed  
2 cans of cream of mushroom soup  
1 cup bread crumbs  
¾ cup Parmesan cheese, grated  
1 TBS Italian Seasoning  
2 tsp paprika  
non-stick cooking spray



In a bowl combine bread crumbs, Parmesan cheese, Italian Seasoning and paprika.

Spray crock-pot with non-stick cooking spray.

Lay the first layer of pork chops (you only want 2 layers so squish those in as needed). Spread one can of cream of Mushroom Soup over the chops. Shake half the dry ingredients that are in your bowl.

Lay your next layer of Pork chops. Spread the other can of cream of mushroom soup over the chops. Cover the rest of the mixture with your dry ingredients.

Cook on low for 4-6 hours.



## Italian Meatloaf

2-3 large onions, peeled and cut into large chunks  
1 1/2 pounds ground beef  
2 eggs  
3/4 cup milk  
2/3 cup seasoned bread crumbs  
1 tablespoon dried minced onion  
2 teaspoons kosher salt  
1/2 teaspoon black pepper  
1/2 teaspoon sage  
1 teaspoon granulated garlic  
1 teaspoon oregano  
small handful fresh Italian parsley, minced  
2 Roma tomatoes, pulp removed and diced  
6 ounces shredded mozzarella, divided  
2 cups of your favorite marinara

Place the chunked onions into the bottom of a large slow cooker. Make sure there are enough onions to keep the meatloaf raised off the bottom.

In a large bowl, mix together the eggs, milk, breadcrumbs, all the seasonings and herbs, tomatoes, and 4 ounces of the mozzarella.

Crumble the beef over top of the egg mixture and combine until fully incorporated.

Shape the meat into a large oval or circle, depending on the shape of your cooker, then place gently over the onions.

Cook on low for 6-7 hours or until a thermometer reads an internal temperature of 160 degrees.

## **Italian Meatloaf (cont.)**

Pour the marinara over top of the meat and sprinkle on the remaining mozzarella. Heat on low for an additional 30 minutes.

Remove the meatloaf with a large spatula and place on a serving tray. Drain the onions and pile them around the meatloaf.



## Creamy Chicken and Broccoli over Rice

3 chicken breasts  
1 can of cheddar cheese soup  
1 can of cream of chicken soup  
1 1/2 cups chicken broth  
1 tsp salt  
1 tsp Cajun seasoning  
1/4 tsp garlic salt  
1 cup of sour cream  
2 cups of broccoli



Put everything except sour cream and broccoli into crock pot.

Cook on low for 6 hours or on high for 4.

Shred the chicken breasts with two forks. Return to crock pot. Add broccoli to the crock pot and stir in. Cook for another 30 minutes.

When done cooking, stir in sour cream with the crock pot mixture. Enjoy over a bowl of rice.



## Frito Pie

2 lbs ground beef, cooked and drained  
2 cloves garlic, minced  
1 (15oz) can kidney beans, rinsed and drained  
1 (15oz) can white beans, rinsed and drained  
1 (10oz) can Rotel Tomatoes with green chiles  
1 (11.5oz) can V8 Juice  
1 McCormick Chili Seasoning Packet  
1/2 cup water  
1/4 cup corn meal  
1 (10oz) bag Fritos  
1 cup shredded cheddar cheese

On the stove, cook ground beef with the garlic until ground beef is cooked. Drain.

Add ground beef, Rotel, 2 cans of beans, V8 Juice and the chili seasoning to the crock-pot. Cook on high for 2 hours or low for 4 hours.

Use the corn meal to thicken if needed.

Serve with a topping of corn chips and shredded cheese.

