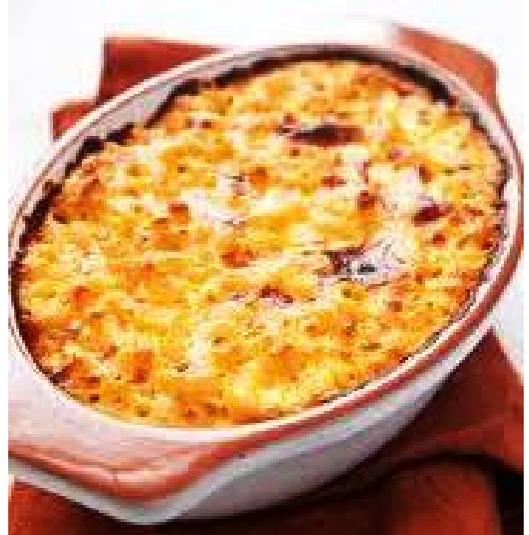




## FRANK'S COUPON BOOK RECIPES - WEEK 1

### CROCK POT CHEESY CHICKEN & TORTILLAS

3 boneless, skinless chicken breasts  
1 (1 oz pkg) mild taco seasoning mix  
5 1/4 cups chicken stock  
2TBS butter  
2 (10 3/4 oz cans) cream of chicken soup  
10 soft-taco size flour tortillas cut into 1-inch pieces  
4 cups shredded Mexican cheese blend  
Hot cooked regular long-grain white rice



Place the chicken into a 3 1/2-quart slow cooker. Top with all but 2 tablespoons of the taco seasoning. Pour 3 1/2 cups of the stock over the chicken.

Cover and cook on LOW for 4 to 5 hours or until the chicken is cooked through. Remove the chicken to a cutting board. Using 2 forks, shred the chicken.

Heat the oven to 350 degrees F.

Heat the butter in a 3-quart saucepan over medium heat. Stir the remaining taco seasoning, stock and soup in the saucepan. Stir in the chicken.

Layer half of the chicken mixture, tortillas, and cheese in a 3-quart shallow baking dish. Repeat the layer. Bake for 30 minutes or until the mixture is hot and bubbling.

Serve over the rice.



## FRANK'S COUPON BOOK RECIPES - WEEK 2

### CROCK POT CHEESY HASH BROWN CASSEROLE

- 32 oz frozen hash browns, thawed (cubed, not shredded)
- 1/2 cup butter, melted
- 1 medium onion, chopped
- 1 can Cream of Chicken Soup
- 8 oz sour cream
- 1 tsp Cajun seasoning
- 1/2 tsp granulated garlic
- 1/2 tsp black pepper
- 2 cups shredded cheddar cheese (1 cup to mix with hash browns and 1 cup for topping)

Mix together the cream of chicken soup, melted butter, onion, sour cream, pepper, garlic, and Cajun seasoning, 1 cup cheese, and hash browns. Place in crock pot.

Add remaining 1 cup of cheese on top.

Cook on low for 3 to 4 hours in your crock-pot.





## FRANK'S COUPON BOOK RECIPES - WEEK 3

### CROCKPOT FRENCH ONION SOUP

For the base:

6 tablespoons unsalted butter, cut into pieces

4 large yellow onions, thinly sliced

8 cups low sodium beef broth

1 bay leaf

2 cloves garlic, minced

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon pepper



For serving:

4 to 5 cups cubed crusty bread (I use a multi-grain loaf)

Shredded cheese

Turn on your crock pot and set it to high. Add in the butter chunks and then put on the cover. Once the butter is melted, add in the onions. Mix to combine. Put on the cover and let cook for about 1 hour.

After the first hour, give the onions a good stir. Place a double layer of paper towels under the lid (which will help to absorb some of the moisture - you'll want to replace this layer about 2 to 3 times during the cooking process). Continue to cook on high for about 5 to 6 additional hours, stirring the onions about every 35 to 45 minutes.

\*\* You want the onions to be a caramel color. Toward the end of the cooking time, keep a closer eye on the onions (you don't want to let them burn and may need to stir them more often).

Discard the paper towels. Turn down the crock pot to low. Add in the broth, bay leaf, garlic, salt and pepper. Cover and cook for 1 hour. Discard the bay leaf and then taste and adjust with additional salt/pepper if needed.

Preheat your broiler. Place oven-safe bowls or crocks on a baking sheet. Spoon the soup into the bowls. Place a handful of bread cubes in each bowl and then sprinkle the top with some of the cheese. Broil for about 2 to 4 minutes, until the cheese is golden and bubbly.



## FRANK'S COUPON BOOK RECIPES - WEEK 4

### CROCK POT CORNED BEEF

- 1 (3-5 lb) corned beef brisket, juice and season packet included
- 2-3 TBS chopped or minced garlic
- 1/2 cup apple cider vinegar
- 1 small onion, cut into wedges
- 1 lb baby carrots
- 1 lb small red potatoes, quartered



First place onion wedges at the bottom of your crock pot. This is going to act as a stand for your meat, so it doesn't touch the bottom and dry out. Place beef on top.

To the packaging, add the apple cider and swirl to dissolve the gel that was coating the meat. Pour over the top of the meat.

Sprinkle the seasoning packet and garlic over the meat.

Cover and cook on low for 8 to 10 hours.

After 4-5 hours of cooking, add in potatoes and carrots.

Cover and continue cooking 4-5 more hours

Remove from the crock pot, place on a plate or platter and enjoy!

# Frank's piggly wiggly.

## FRANK'S COUPON BOOK RECIPES - WEEK 5

### CROCK POT CHEESY CHICKEN & RICE



- 3 boneless skinless chicken breasts
- 1 large onion, chopped
- 1 -8 ounce box Zatarain's Yellow Rice Mix, cooked according to directions
- 1 cup cheddar cheese
- 1 (10.5oz) can cream of chicken soup
- 1 (15.25 oz) can whole kernel corn, drained

Place chicken in bottom of slow cooker. Scatter chopped onion over top. Spoon cream soup over top.

Cover and cook on low 7-8 hours or on high 3-4 hours.

A few minutes before serving, add in cooked rice, corn, and cheese. Stir to combine. Serve hot.