# Slow Cooker Honey Dijon Pork Chop with Red Potatoes

Recipe from: Melissa Jennings

Cook time: 8 hours on low

Serves: 4

Ingredients

4 thick cut pork chops (or 2 lb)

4 large fresh red potatoes

1/3 cup olive oil

1 cup sugar free Dijon Mustard

½ tsp ground black pepper

2 TBSP raw honey

½ tsp ground onion powder

½ cup chicken broth

2 cups fresh green beans or fresh carrots

Instructions

1.       Combine all ingredients into freezer safe bag.

2.       Mix well

3.       Freeze

4.       When ready to cook thaw in the refrigerator overnight.

5.       Place into slow cooker.]

6.       Cook on low for 6-8 hours.

# 3-Ingredient slow cooker ranch pork chops

Recipe from: wordpress.com

Cook time: 4-6 hours on low

Serves: 4

Ingredients

4-6 uncooked pork chops

1 envelope of dry ranch dressing mix

2 cans (approximately 10 or 11oz each) cream of chicken soup

Instructions

1.       Combine all ingredients into freezer safe bag.

2.       freeze up to 3 months

3.       When ready to eat, thaw overnight in the fridge or under running water

4.       place in slow cooker and cook for 4-6 hours on low

# Teriyaki Pork Chops

Recipe from: savingyoudinero.com

Cook time: 4-5 hours on high or 6-7 hours on low

Serves: 4

Ingredients

4 pork chops,

Salt and pepper to taste

2 cloves garlic minced

2 tablespoons brown sugar

¼ cup soy sauce

1/3 cup chicken broth

Instructions

1.       Add pork chops, garlic, brown sugar, soy sauce, and chicken broth to freezer bag.

2.       Freeze up to 3 months

3.       When ready to eat, thaw overnight in fridge

4.       Place in slow cooker 4-5 hours on high or 6-7 hours on low

5.       Serve with mashed potatoes (optional)

# Slow cooked Pork Tenderloin

Recipe from: Living well spending less

Cook time: 4-5 hours on low

Serves: 6 per 2lb of meat

Ingredients

1 (2lb) pork loin roast

1 envelope dry onion soup mix

1 cup chicken broth

1 cup red wine

1 cup onion chopped

6 cloves garlic, minced

3 Tbsp soy sauce

1 Tbsp Worcestershire sauce

Ground black pepper to taste

Directions

1.       Whisk together soup mix, chicken broth, wine, soy sauce, Worcestershire sauce, onion, garlic, and black pepper.

2.       Label gallon-sized freezer bag and place 2lb tenderloin and marinade in bags

3.       Freeze up to 3 months

4.       When ready to eat, thaw meat in fridge for 24 hours

5.       Empty tenderloin and juices into a slow cooker and cook 4-5 hours on low.

6.       Add chopped carrots and potatoes to slow cooker and cook with pork (optional)