

Special Hot Dog Supper (Slow Cooker)

Barbara Jones
Easy Slow Cooker Cookbook

Servings: 6

1 pound wieners
2 cans (15 ounce ea) chili without beans
1 onion, finely chopped
1 can (10 ounce) cheddar cheese soup
1 can (10 ounce) fiesta nacho cheese soup
1 can (7 ounce) chopped green chilies, drained

Spray a slow cooker with nonstick cooking spray.

Cut the wieners in 1/2-inch pieces. Place in the slow cooker.

In a saucepan, combine the chili, onion, cheese soup, nacho cheese soup and green chilies. (Omit the green chilies if serving to children.)

Heat just enough to mix the ingredients well. Spoon over the wieners.

Cover and cook on LOW for one hour and 30 minutes to two hours.

Serve over a bowl of small corn chips or crisp tortilla chips, slightly crushed.

Per Serving (excluding unknown items): 7 Calories; trace Fat (3.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	7
% Calories from Fat:	3.4%
% Calories from Carbohydrates:	85.2%
% Calories from Protein:	11.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	29mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	7	Calories from Fat:	0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		0%
Vitamin C		2%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.