**[Carol’s Crockpot Buffalo Chicken Wings](http://zradio.org/quick-family-recipes/crockpot-chicken-wings/" \t "_blank)**

It’s GAME TIME!!! I don’t know about your family, but my husband loves football season…It’s a long 6 months for him after the Super Bowl ends!

Since I’ve been making recipes to share with all of you, he challenged me to find some fun game day foods I could make at home! Well, challenge accepted! I have figured out how to make the most awesome chicken wings at home, and I don’t think I will ever order them anywhere else ever again! This one is also a help on the budget.

You just need a crockpot…yes, I did say crockpot!

Then you finish them off under the broiler, which means they are healthier, too. No breading, no frying, just really good and spicy! Serve them with ranch or blue cheese and a side of carrots and celery and your family will think you are the most amazing chef on Earth or they won’t believe that you actually made these yourself! Both are definite possibilities here.

I am obligated to say “Go 49ers!” here for my husband! Hopefully that wins me brownie points! Let’s get started cooking…

**Ingredients:**

* 1.5 Bottles of Franks’ Red Hot Buffalo Sauce
* 1.5 Sticks of Butter
* 1 Tbsp. Each: Parsley, Oregano and Garlic Salt
* 2 Tbsp. Worcestershire Sauce
* 3-4 lbs. Chicken Wings Thawed (I bought all drumstick wings because my family enjoys them more)

**How to Make:**

* In a mixing bowl, pour an entire bottle of Franks Red Hot Buffalo Sauce and mix with a full stick of melted butter, 1 Tbsp. of parsley, 1 Tbsp. of oregano, tsp of garlic salt and 2 Tbsp. Worcestershire sauce, whisk together.
* Add your 3-4 lbs. of chicken wings (can’t be frozen) to the crockpot and pour mixture over wings completely covering them.
* Cook on low for 3-4 hours or on high for 2-3 hours until chicken is cooked.
* When ready to eat put them on a baking sheet and pour leftover sauce from crockpot over the wings. (If you are not ready to eat, place them in an air tight container in the sauce from crockpot and place in fridge until you are ready to serve them).
* Place baking sheet in 500 degree Fahrenheit oven and let them brown, then turn them over and let the other side brown, also. Because you are cooking on such high heat, you cannot use Pyrex or oven safe glass dishes to cook these wings.
* In a sauce pan melt the remaining half stick of butter and 1/2 bottle of Franks Red Hot Buffalo Sauce. Cook till bubbly and make sure you mix it together.
* Use this sauce to re-toss your wings when they are done and out of the oven.
* Side note: When Buffalo sauce cooks down it becomes more smoky instead of spicy….like chili peppers do. So if you don’t like things to spicy, don’t re-toss your wings when they come out of the oven. Ellis loves his spice…and the retossed version of the wings made him actually sweat during Stress Saver Traffic.
* Serve your crispy, delicious wings with ranch or blue cheese!
* Enjoy!

Ellis and Tyler would love to see your family’s wing night…just share your pics on the [Z88.3 Mornings Facebook Page](http://facebook.com/Z88.3Mornings)!

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Originally posted on [Carolbake.com](http://carolbake.com/" \t "_blank)s