

# Sausage & Peppers

(Makes 6 Servings)



## **Shopping list:**

- *6 Italian Sausage*
- *2 green peppers*
- *1 red pepper*
- *1 large red onion*
- *4 cloves garlic, minced*
- *2 can Italian diced tomatoes*
- *2 Tablespoons Italian seasoning*
- *2 gallon-sized plastic freezer bag*

## **Prep:**

1. Label your freezer bag.
2. Add all ingredients and separate into two freezer bags.
3. Remove as much air from the gallon-sized freezer bag as possible, mix, seal and lay flat in your freezer.

## **Cook:**

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. Add a drizzle of olive oil to food. Cook items in crockpot on “low” setting for 6 hours. Serve over hot noodles/rice or fresh French bread with mozzarella cheese.
3. Enjoy!