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!