

## Crockpot Red Beans, Sausage & Rice

High Fiber

Time needed

20 minutes preparation + 6 hours cooking

Ingredients

- 1 16-oz. bag red beans
- 1 whole green pepper, chopped
- 1 whole onion, chopped
- 1 tsp. salt
- 1/4 tsp. red or cayenne pepper
- 1 tsp. hot red sauce (optional)
- 2 cloves garlic, minced,
- 1 tsp. black pepper
- 1 lb. sliced smoked sausage
- 2 C. cooked rice

Directions

Rinse beans thoroughly. Place all ingredients (except sausage & rice) into medium-sized crockpot. Fill crockpot with water up to 3/4 full. Cook on low about 5-6 hours (or all day). Approximately 1 hour before done, brown sliced sausage. Add to crockpot during the last hour. Serve over cooked rice.

Note: extra hot sauce can be added for more flavor or bite.