

Crockpot Cowboy Casserole

Description

Using your Crock pot, this recipe is going to give you a hearty flavor packed meal that everyone is going to fall in love with. Filled with potatoes, sausage, cheese and vegetables, this is sure to be one of the easiest meals you have made.

Ingredients

- o 1 lb Italian Sausage ground
- o 1 cup yellow onion, finely diced
- o 1 tsp salt
- o ½ tsp Black Pepper
- o 1 lb Red Potatoes, baby sized
- o 1 green bell pepper
- o 1 can 14.5 oz kidney beans
- o 1 ½ cups Frozen Corn
- o 1 can, 14.5 oz fire roasted Tomatoes
- o 2 tsp Garlic, freshly minced
- o ½ tsp Chili Powder
- o 1 cup Colby-Jack Cheese, shredded
- o Cilantro, for garnish
- o Sour Cream, for garnish

Instructions

FIRST STEP:

Heat the oil in a large Dutch oven over medium high heat. Once hot, add the sausage and onion
Brown and crumble the sausage and caramelize it for the best flavor. Season with salt and pepper

SECOND STEP:

Transfer the sausage and onion to the crockpot

Slice the potatoes thin, drain and rinse the beans and dice the pepper

Add all that to the crock pot along with the corn, undrained tomatoes, chili powder and garlic

THIRD STEP:

Cover the Crock pot and cook on high for 2 to 4 hours or on low for 4 to 6 hours

Top with sprinkled cheese, replace the cover and cook for an additional 10 minutes

Serve with cilantro and sour cream if desired

Enjoy!

Category

1. Grandma Recipes

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