



Crockpot Cowboy Casserole



Ingredients:

- 1 pound mild Italian sausage (can use ground turkey for a healthier alternative)
- 1 cup yellow onion, chopped
- 1 pound baby/petite red potatoes, thinly sliced (no need to peel)
- 1 green bell pepper, chopped
- 1 can (15 ounces) fire-roasted corn, drained
- 1 can (14.5 ounces) dark red kidney beans, drained and rinsed
- 1 can (14.5 ounces) fire-roasted diced tomatoes, not drained
- 2 teaspoons minced garlic
- 1 and ¼ teaspoon TABASCO Sauce
- ½ cup low sodium beef broth
- ½ teaspoon chili powder
- 1 cup low-fat Colby Jack cheese, freshly grated
- Fine sea salt and freshly cracked pepper
- Optional toppings: fresh cilantro, sour cream

Method:

1. In a large skillet over medium-high heat, add the sausage and chopped yellow onion. Brown the sausage and drain off any fat. Add to a 6-quart Crockpot. Top with the thinly sliced red potatoes.
2. Add the chopped bell pepper, fire-roasted corn, kidney beans, undrained fire-roasted diced tomatoes, minced garlic, Tabasco, beef broth, and chili powder. Season to taste with salt & pepper; I use 1-teaspoon salt and ½ teaspoon pepper. You can always add more at the end.
3. Stir everything together and cover the Crockpot.
4. Cook on high for 3-5 hours or low for 5-7 hours or until potatoes are tender. Once everything is finished cooking, taste and adjust salt and pepper to preference.
5. Add the freshly grated cheese in an even layer over everything and allow to melt. Serve hot with additional TABASCO sauce as desired and fresh cilantro.