

Sausage Gumbo

Ingredients:

- 12 oz Smoked turkey or Kielbasa sausage, sliced into thin slices
- 10 oz okra, fresh or frozen (zucchini or green beans)
- 1 medium onion, chopped
- 1 red bell pepper, chopped (green is fine)
- 2 tsp minced garlic
- 28 oz can of diced tomatoes, with juices
- 1 tbsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 2-4 dashes tabasco or hot sauce

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT: From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 10 minutes at high pressure then allow 10 minutes for natural release. From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT: From frozen, transfer to a slow cooker. Cook on high for 3-4 hours or low 5-6 hours. From thawed or freshly made, transfer into a slow cooker. Cook on high for 3 hours or low 4-5 hours.

SERVE WITH: So delicious served over rice and a crisp green salad or corn-on-the-cob.