

Crock Pot Sausage Bean Supper

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- 1 lb sausage, cooked and crumbled
- 1/3 cup chopped onion
- 1 Tbsp Worcestershire Sauce
- 2 Tbsp mustard
- 10 oz can diced tomatoes with green chilies
- 15.5 oz can great northern beans, rinsed and drained
- 15.5 oz can light red kidney beans, rinsed and drained
- 15.5 oz can garbanzo beans, rinsed and drained

To Freeze:

Cook your sausage if it is not already cooked.

Put all ingredients in a Ziploc bag.

Mix it together with your hands just on the outside of the bag so the beans are coated.

Freeze flat.

To cook:

Thaw or mostly thaw.

Dump in sprayed crock pot and cook on low for 4 hours.

Serve with shredded cheese and over rice if desired.

4-6 servings