

Cajun Sausage & Beans

POINTS Value: 5

Servings: 6

Ingredients:

1 pkg. (14 oz.) OSCAR MAYER Turkey Smoked Sausage, cut into 1/4-inch- thick slices

2 cans (15 oz. each) black beans, drained, rinsed

2 cans (14-1/2 oz. each) diced tomatoes with garlic and onions, drained

2 medium green peppers, chopped

2 tsp. Cajun seasoning (or to taste)

1/4 tsp. Cayenne pepper (or to taste)

6 sheets (12x18 inch) aluminum foil

Directions:

Combine sausage, beans, tomatoes, green pepper and seasonings.

Spoon 1/6 of the sausage mixture onto center of each sheet of foil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. (You will have 6 packets.) Place on grate of grill; cover with lid.

Cook 12 to 14 min. or until sausage mixture is heated through.

Note:

Use Your Oven

Preheat oven to 450°F. Assemble foil packets as directed; place on baking sheet. Bake 18 to 20 min. or until sausage mixture is heated through.

SERVING SUGGESTION: I serve with a side of brown rice mixed with Mexican corn. Side dish points are not included in the above Points Value.

“Mexican Corn” – frozen corn - add onions & diced green pepper add ¼ tsp of taco seasoning.

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