Cajun Style Venison Sausage, Sweet Potato, and Logo

Description automatically generatedKidney Bean Stew

*A seasonal dish using the Instant Pot. Less than 10 minutes of prep for an affordable and healthy tasty dish.*

**Ingredients:**

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| 1 lb | Venison Sausage (or chicken, pork) ($5.00) |
| 16 oz  12 oz  15 oz  14.5 oz  6 oz  5 oz  2-3 TB  To taste  **Directions:** | Frozen Sweet Potatoes (thawed and drained) ($1.50)  Frozen or Fresh Cut and Trimmed Green Beans ($1.99)  Canned Organic Kidney Beans, Rinsed ($.99)  Canned Diced Tomatoes ($1.20)  Frozen Chopped Bell Peppers ($2.00)  Frozen Chopped Onions (thawed and drained) ($.60)  Coconut Oil or Oil of Choice  Salt, Cumin, Paprika, and Cayenne Pepper  Add your oil to the pot. Add the onions and cook until browned. Then add your sausage and brown them on the sauté setting. You can then start adding all of your other ingredients. Add spices to your preference. Stir together and cook for 5 to 6 hours on low. If home stir it half through to avoid drying. You can add water as needed. |