

# Freezer Meal :: Red Beans & Rice

## Freezer Meal Assembly

Combine in a gallon freezer bag:

3 C cooked red kidney beans (drained)  
1/2 onion, chopped  
1 diced red bell pepper  
1 browned sweet sausage  
1 1/2 tsp Tony's Creole seasoning  
2 garlic cloves, minced

Repeat for second dinner.

## Cooking Directions

Dump contents of freezer bag in Instant Pot and add 1/4 cup of water. Cook on high pressure for 5 minutes. Quick release the pressure.

Serve with brown rice.

## extra items needed for meal

1 bag brown rice from freezer