

Crockpot Kielbasa, Potatoes and Green Beans

Serves 8, 8 FSP per serving

Adapted from Recipes that Crock

- 2 packages Butterball Turkey Kielbasa ((26 oz) if using another brand, just check points)
- 2 pounds potatoes (peeled and cubed)
- 56 ounces canned green beans (low salt)
- 1 small onion (chopped)
- salt and pepper to taste
- red pepper flakes to taste (optional)

1. For full recipe, use a 6 quart crock pot! This makes a lot! Can easily be halved!
2. Put potatoes in the bottom of the crock pot
3. Add onions on top of potatoes
4. Slice kielbasa and add it to crock pot. Place green beans on top of kielbasa.
5. Sprinkle with salt, pepper and red pepper flakes
6. Cover and cook on low for 8 hours