

Crock pot Sweet potato and sausage

Ingredients

1 lb lean turkey sausage

3 medium sweet potatoes cut up into cubes

1 medium onion

Pinch of salt

Pinch of garlic powder

Olive oil

Directions

In a large bowl combine chopped sweet potatoes and onion.

Grab turkey sausage and pinch off pieces and add it to the bowl of potatoes and onion.

Drizzle a little bit of olive oil over the ingredients.

With a spoon mix the ingredients so that they all get coated with the olive oil.

Add mixture to the crock pot and sprinkle with salt and garlic powder.

Cook on high for 3 hrs. or until potatoes are tender and meat is fully cooked.

Enjoy!