



- ❖ Sprinkle and heat a large covered pot with olive oil. Cook the onions over medium heat until they just start to turn tender, and add the garlic.
- ❖ Remove the casings from the sausage. Add the sausage and ground sirloin to the pot. Mince the sausage and sirloin until cooked.
- ❖ Add the green peppers and cook until peppers are tender.
- ❖ Add the beans, diced tomatoes, tomato paste, water, seasonings, and stir.
- ❖ Reduce the heat, cover, and simmer for about 90 minutes, stirring occasionally. Season with additional spices, if desired.



Ingredients

Serves 6

- *Olive oil*
- *2 cups chopped yellow onions*
- *2 cloves garlic*
- *1 pound ground sirloin*
- *2 hot Italian sausages*
- *1 cup chopped green peppers*
- *1 or 2 cans black beans (drained)*
- *28 oz. can diced tomatoes*
- *6 oz. can tomato paste*
- *1 cup water*
- *½ teaspoon oregano*
- *½ teaspoon Cajun seasoning*
- *½ teaspoon cumin*
- *1 teaspoon course black pepper*
- *Cheese for topping*