

New Orleans Vegetable Stew

Ingredients

1 cup Rotel stewed tomatoes
¼ cup canned black eyed peas, drained
¼ cup canned corn kernels, drained
½ cup frozen okra, sliced
1 clove garlic, minced
2 tsp Creole seasoning
½ tsp salt
½ tsp black pepper
2 tbsp green onion, medium chop

Method

Place all ingredients except the green onion in the convectionware and stir to combine.

Secure lid on the convectionware and place into a 450 degree oven for 15 minutes. Garnish with green onions.