

## CALICO BEAN SOUP

Low fat and easy to prepare in the crockpot!

|                             |                             |
|-----------------------------|-----------------------------|
| 1 lb 15 bean soup mix*      | 1 clove garlic, chopped     |
| 1 c turkey ham, cubed       | 1 t salt                    |
| 1 large onion               | ¼ t black pepper            |
| 30 oz can whole tomatoes    | 1 small pkg chili seasoning |
| 1 large red pepper, chopped | 3 quarts of water           |

Combine everything, except tomatoes, in a crockpot. Set on high setting for 4-5 hours cooking time or on low setting for all day. Add tomatoes and simmer for 30 more minutes and serve.

\*Brown's Best Soup Mix or dry bean mixture of your choice.

Makes 10 servings. Can be frozen.