

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.