



Eat Well

Stuffed Pepper Soup

Directions

Add all ingredients together. Cook in crockpot 6 hours on low.

Ingredients

- » 1 lbs ground turkey, ckd with onion and 1/4 cup of taco seasoning
- » 3 cans, 15 oz each, tomato sauce
- » 2 cans, 15 oz each, diced fine roasted tomatoes or Ro-tel
- » 1 green or red pepper, diced.
- » 1 can diced jalapenos
- » 3 cups cauliflower, grated or chopped fine
- » 1/4 cup brown sugar, more or less to your taste preference
- » 1/4 cup taco seasoning, added to soup mixture if using soy crumbles

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