

12 Bean Crock Pot Soup



Ingredients:

- 1 bag dry 12 beans
- 3 quarts water or vegetable stock
- 1, 1lb bag frozen mixed veggies
- 1 cup brown rice or quinoa
- 1 bag veggie crumbles

Directions:

1. Soak and dry the beans before placing them into the crockpot.
2. Add the water or vegetable stock to the beans
3. Turn crockpot on low to cook in 7-8 hours, high in 4-5 hours.
4. Add mixed veggies, rice or quinoa, and veggie crumbles.
5. Stir every couple hours.
6. After soup is ready spoon into bowls and add hot sauce for a little extra flavor, if desired.