



Yield: 6-8 servings

Slow Cooker Black Bean Soup

Ingredients:

- 4 15oz Cans Black Beans - rinsed and drained**
- 4 Cups Vegetable Stock - homemade preferred but can substitute low-sodium store bought**
- 6 cloves Fresh Garlic - minced**
- 2 Red Bell Peppers - cored and small chopped***
- 2 Large Carrots - small chopped**
- 1 Large Celery Stalk - small chopped**
- 1-2 Jalapeno or Serrano Peppers - seeded and diced**
- 1 Large White Onion - small chopped**
- 1 Bay Leaf**
- 2 tsp Ground Cumin**
- 2 tsp Chili Powder**
- 2 tsp Kosher Salt**
- ½ tsp Red Chile Powder**
- ⅛ tsp Fresh Ground Black Pepper**

-OPTIONAL GARNISH-

- Corn Chips - crumbled**
- Diced Avocados**
- Fresh Coriander Leaves (Cilantro) - fine chopped**
- Sour Cream**
- Grated/Shredded/Crumbled Cheese of choice**

Preparation:

- 1) Place everything in a large slow cooker (Crockpot®) and stir to combine**
- 2) Cook on low for 6-8 hours or on high for 3-4 hours until all of the vegetables are tender**
- 3) Remove bay leaf**
- 4) NOW YOU HAVE A CHOICE:**
 - a) You can serve the soup as is - chunky with lots of broth
 - b) Use an immersion blender** to completely purée the soup - thick and smooth
 - c) Use an immersion blender** to purée about half of the soup - thick but chunky (My preference)
- 5) Adjust seasoning**
- 6) Garnish as desired and serve hot**

**** You Can Roast the peppers for deeper, smokier flavor OR substitute 2 Cups chopped roasted red peppers (from jar) if desired***

***** Transfer to a blender or food processor (in batches if necessary) as alternative***