

SLOW COOKER BLACK BEAN SOUP

Yield: 6-8 servings | Total Preparation Time: 8-10 hours



Ingredients

- 1 pound dried black beans
- 1 medium onion, diced
- 1 medium bell pepper, cored, seeded and diced
- 3 cloves garlic, minced
- 6 cups low-sodium vegetable broth
- 1 1/2 teaspoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons kosher salt
- 2 bay leaves
- 1/2 teaspoon black pepper

Instructions

1. Place the black beans, onion, bell pepper, garlic, broth, chili powder, cumin, bay leaves, salt and black pepper in a 6-quart or larger slow cooker.
2. Stir to combine.
3. Cover and let cook on low until the beans are tender, 8 to 10 hours.
4. Remove the bay leaves and serve. Top with Greek yogurt, fresh cilantro or chopped avocado, if desired.



Black beans are high in protein and fiber. They are a great meatless option. Eating less meat is a great way to reduce the intake of the less healthy "saturated" fats. Aim to eat at least 1-2 meatless dishes per week.

