



## Black Bean Soup, Slow Cooker

Servings : Serves: 6 **Source** : [Blog.myfitnesspal.com](http://Blog.myfitnesspal.com)

### INGREDIENTS

- 1 pound (390g) dried black beans, sorted and rinsed
- 1 large onion, coarsely chopped
- 1 medium green bell pepper, coarsely chopped
- 3 garlic cloves, minced
- 4 cups (950ml) vegetable broth
- 1 tablespoon ground cumin
- 2 tablespoons chopped chipotle chiles in adobo sauce
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon salt
- 6 teaspoons light sour cream
- 1 small avocado, diced
- 6 fresh cilantro sprigs for garnish (optional)

### DIRECTIONS

Place beans in a large bowl or stock pot, adding water to cover by 2 inches. Soak for 12 hours; drain and discard water.

**TIME-SAVING TIP:** Don't have 12 hours? To quick-soak beans, place beans in a stock pot and cover with water. Bring to a boil over high heat; reduce heat and simmer briskly for 5 minutes. Remove from heat; cover and let soak 1 hour. Drain and discard water.

Combine beans, onion, bell pepper and garlic in 4-quart slow cooker. Stir in broth and cumin. Cover and cook on low for 10 hours until beans are tender. Stir in chipotle, cilantro, lime juice and salt.

For a smooth, thick texture, blend mixture in slow cooker with an immersion blender for 30 seconds until desired consistency. Or, transfer in batches to a blender. Remove stopper in lid and cover with a kitchen towel (hot steam will cause the lid to pop off if not vented); blend until smooth.

Top each serving with 1 teaspoon sour cream, 2 tablespoons chopped avocado and a sprig of cilantro.

### NUTRITION

Per serving: Calories: 183; Total Fat: 4g; Saturated Fat: 0g; Monounsaturated Fat: 0g; Cholesterol: 1mg; Sodium: 652mg; Carbohydrate: 29g; Dietary Fiber: 8g; Sugar: 5g; Protein: 8g  
Nutrition Bonus: Potassium: 457mg; Iron: 16%; Vitamin A: 47%; Vitamin C: 38%; Calcium: 5%