Black Bean Slow Cooker Soup

Makes 6 servings

Ingredients
1 medium red bell pepper, stem and seeds removed and cut into quarters
1 pound dried black beans, rinsed
4 cups low-sodium vegetable broth
3 cups water
1 1/2 cups diced onion
1 medium green bell pepper, seeds removed and diced
1/3 cup chopped chipotle peppers in adobo sauce
1 1/2 teaspoons ground cumin
1/2 teaspoon ground coriander
1 teaspoon smoked paprika
4 cloves garlic, minced
1 1/2 tablespoons lime juice
1 teaspoon extra-virgin olive oil
1 avocado, peel removed and diced
1/3 cup diced green tops of green onions

Directions
1. Turn broiler on. Place red bell pepper quarters on a baking sheet. Broil for 10 minutes or until skin is just starting to “bubble” and turn black. Remove from oven and transfer to a glass bowl. Cover with foil and place in the refrigerator.

2. In a 5-quart slow cooker, combine black beans, broth, water, onion, green bell pepper, chipotle peppers, cumin, coriander, smoked paprika, garlic and lime juice. Stir and cook on high for 6 hours.

3. Just before serving, remove the red peppers from the refrigerator. Dice the peppers and toss with oil.

4. Pour 1 1/2 cups soup into each of 6 bowls. Top with diced avocado, green tops of onions and red peppers. Enjoy warm!

Nutrition Facts

Serving Size: 1 1/2 cups topped with diced avocado, diced green onion and diced roasted red pepper (270g)
Servings Per Container: 6

Directions (continued)

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