

# 7-Can Soup

Noreen Mullen - Braintree MA

FoodNetwork.com (Modification of a Ree Drummond Recipe)

## Servings: 6

*1 can (15.25 ounce) corn with red and green peppers*  
*1 can (15 ounce) meat-only chili*  
*1 can (15 ounce) kidney beans*  
*1 can (15 ounce) pinto beans*  
*1 can (15 ounce) black beans*  
*1 can (15 ounce) diced tomatoes*  
*1 can (10 ounce) diced tomatoes with green chilies*  
*1 can (7 ounce) diced green chilies*  
*1 to 2 tablespoons jalapeno pepper*  
*Kosher salt*  
*freshly ground black pepper*  
*8 ounces diced Mexican-style processed cheese OR shredded Mexican-blend cheese*  
*chopped chives (for garnish)*

## Preparation Time: 10 minutes

In the bowl of a six-quart slow cooker, combine the corn, chili, kidney beans, pinto beans, black beans, diced tomatoes, tomatoes with chilies, diced green chilies and jalapeno pepper to taste. Mix well. Season with salt and pepper (to taste)

Cook on LOW for four hours

Change the cooker setting to HIGH. Add the cheese to the slow cooker. Cook for 10 minutes until the cheese is melted.

Ladle the soup into bowls. Garnish with chopped chives.

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Per Serving (excluding unknown items): 357 Calories; 1g Fat (3.4% calories from fat); 22g Protein; 67g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 146mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat.