

Pork and Black Bean Soup

Women's Day Magazine - October 1, 2011

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 8 hours 10 minutes

6 cups low-sodium chicken broth

1 tablespoon chopped canned chipotle peppers in adobo

2 tablespoons adobo sauce

2 teaspoons ground cumin

1 pound dried black beans, rinsed

1 large red onion, chopped

4 cloves garlic, finely chopped

1 1/2 pounds boneless pork shoulder, trimmed of excess fat

Kosher salt

sour cream (for serving)

fresh salsa (for serving)

cilantro (for serving)

In a 5- to 6-quart slow cooker, whisk together the chicken broth, chipotles and adobo sauce, and cumin. Stir in the beans, onion and garlic.

Add the pork and cook, covered, until the beans are tender and the pork easily pulls apart, on LOW for 7 to 8 hours or on HIGH for 5 to 6 hours.

Transfer the pork to a bowl and, using a fork, break it into large pieces. Using a handheld immersion blender (or a standard blender), puree half the soup.

Stir the pork back into the soup and season with one teaspoon of salt.

Serve with the sour cream, salsa and cilantro, if desired.

Per Serving (excluding unknown items): 342 Calories; 6g Fat (14.6% calories from fat); 28g Protein; 54g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 108mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fat.