

Slow Cooker Black Bean Soup

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Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 8 hours 10 minutes

1 tablespoon olive oil

1 onion, diced

3 cloves garlic, chopped

2 cups dried black beans, soaked overnight, rinsed and drained

1 box (32 ounces) low-sodium chicken broth (or vegetable stock)

1/4 cup cilantro, chopped

2 bay leaves

2 teaspoons Kosher salt

1 cup water

yogurt, sour cream or creme fraiche (for garnish)

In a saute' pan over medium heat, heat the oil and saute' the onions for 4 minutes.

Add the garlic and saute' an additional minute.

Place the onion and garlic mixture into a crock pot along with the beans, broth, cilantro, bay leaves, Kosher salt and water. Stir to combine.

Cook on LOW for 8 to 10 hours.

Using either a hand blender or traditional blender, puree' the ingredients to your desired texture. (I like to get it so a few pieces of beans are still visible so the soup is thick and still has a bit of texture).

Top with a dollop of yogurt, sour cream or creme fraiche.

Per Serving (excluding unknown items): 253 Calories; 3g Fat (11.3% calories from fat); 15g Protein; 43g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 634mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.