

Zesty Black Bean Soup

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 9

1 bag (16 ounce) (2 cups) dried black beans, sorted and rinsed
64 ounces (8 cups) vegetable broth
2 cans (14.5 ounce ea) diced tomatoes with green chilies, undrained
2 medium (1 cup) carrots, coarsely chopped
2 medium (1 cup) onions, coarsely chopped
1/4 cup fresh cilantro, chopped
4 cloves garlic, finely chopped
1 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon ground red pepper (cayenne)
sour cream (if desired)
fresh cilantro sprigs (if desired)

Preparation Time: 25 minutes

In a four-quart Dutch oven, heat the beans and ten cups of water to boiling. Reduce the heat and simmer, uncovered, for 10 minutes. Remove from the heat. Cover and let stand for one hour. Drain.

Spray a six-quart slow cooker with cooking spray.

In the slow cooker, mix the beans and the remaining ingredients except the sour cream and cilantro sprigs.

Cover and cook on LOW heat setting for ten to twelve hours.

Garnish individual servings with sour cream and cilantro sprigs.

Start to Finish Time: 11 hours 55 minutes

Per Serving (excluding unknown items): 1246 Calories; 28g Fat (19.8% calories from fat); 48g Protein; 205g Carbohydrate; 27g Dietary Fiber; 17mg Cholesterol; 11808mg Sodium. Exchanges: 13 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 7 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1246	Vitamin B6 (mg):	.9mg
% Calories from Fat:	19.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	65.1%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	15.1%	Riboflavin B2 (mg):	.7mg

Total Fat (g): 28g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 17mg
Carbohydrate (g): 205g
Dietary Fiber (g): 27g
Protein (g): 48g
Sodium (mg): 11808mg
Potassium (mg): 3165mg
Calcium (mg): 285mg
Iron (mg): 15mg
Zinc (mg): 12mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 34394IU
Vitamin A (r.e.): 3444 1/2RE

Folacin (mcg): 252mcg
Niacin (mg): 14mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 13
Lean Meat: 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 1246 **Calories from Fat:** 246

% Daily Values*

Total Fat	28g	42%
Saturated Fat	6g	32%
Cholesterol	17mg	6%
Sodium	11808mg	492%
Total Carbohydrates	205g	68%
Dietary Fiber	27g	108%
Protein	48g	
Vitamin A		688%
Vitamin C		61%
Calcium		29%
Iron		84%

* Percent Daily Values are based on a 2000 calorie diet.