



# 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.

(directions continued on back)



MAIN DISH



## Directions (continued)

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!

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

## Nutrition Facts

Serving Size 1.5 cups topped with diced avocado, diced green onion and diced roasted red pepper (600g)  
Servings Per Container 6

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 180mg			<b>8%</b>
<b>Total Carbohydrate</b> 57g			<b>19%</b>
Dietary Fiber 20g			<b>80%</b>
Sugars 5g			
<b>Protein</b> 18g			
<b>Vitamin A</b> 35%		<b>Vitamin C</b> 80%	
<b>Calcium</b> 10%		<b>Iron</b> 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Carb choices per serving: 4