
Black Bean Soup II (Slow Cooker)

The Essential Southern Living Cookbook

Preparation Time: 5 minutes

Start to Finish Time: 6 hours

2 cans (15 ounce ea) black beans, drained and rinsed

2 cans (4-1/2 ounce ea) chopped green chilies

1 can (14-1/2 ounce) Mexican stewed tomatoes, undrained

1 can (14-1/2 ounce) diced tomatoes, undrained

1 can (11 ounce) whole kernel corn, drained

4 scallions, sliced

2 to 3 tablespoons chili powder

1 teaspoon ground cumin

1/2 teaspoon dried minced garlic

In a five-quart slow cooker, combine all of the ingredients.

Cover. Cook on HIGH for five to six hours.

Yield: 6 to 8 servings

Soup, Stew and Chili

Per Serving (excluding unknown items): 1435 Calories; 9g Fat (5.5% calories from fat); 89g Protein; 264g Carbohydrate; 68g Dietary Fiber; 0mg Cholesterol; 200mg Sodium. Exchanges: 16 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.