

slow cooker black bean soup

MAKES 8 servings

RECIPE ADAPTED FROM: [Babble: The Family Kitchen](#)

COOK TIME: 8-10 hours

1 Tbsp extra virgin olive oil
1 large onion, chopped
4 celery stalks, chopped
(include the leaves for extra flavor)
1 red bell pepper, chopped
1 green bell pepper, chopped
4 garlic cloves, minced
1 Tbsp cumin
1 Tbsp chili powder (could use chipotle
chiles en adobo instead to add a smoky taste)
16 oz package (or 2 cups) dried black beans
7 cups low sodium chicken or vegetable broth
Juice of 1 lime
Coarse sea salt, to taste

**Optional Toppings: plain Greek yogurt,
sour cream, lime wedges, fresh chopped bell
peppers, etc.**



HEAT olive oil in large skillet over medium-high heat.

ADD onions, celery and pepper and sauté until soft and turning translucent.

ADD garlic, cumin, and chili powder and cook for another minute.

TRANSFER mixture to 6-quart slow cooker and add beans and broth.

COVER and cook on low for 8-10 hours.

ADD salt, to taste, and fresh lime juice and stir well.

USING a handheld immersion blender, puree slightly until desired consistency is reached. Ideally, the soup should be half smooth, half chunky. If you don't have an immersion blender, scoop out about half of the soup and transfer to a blender; puree until smooth.

TOP with desired toppings, and serve hot.

MAKE IT A MEAL: serve with a side salad.

Notes:

- **Do not add additional salt at the beginning of the cooking process. Cooking beans with salt can cause them to get grainy.**
- **The flavors of this soup improve after a day or two in the refrigerator, so this is a great make-ahead meal.**