



Slow Cooker Black Bean Soup

Active Time: 10 minutes | **Total Time:** 12 hours | **Serves:** 8

Nutrition Information Per Serving

226 calories, 36.49 g carbohydrate, 9.16 g fiber, 27.33 g NET carbs, 19.27 g protein, 1.1 g fat

Ingredients

- 6 cup(s) Pacific Organic Bone Broth (Chicken)
- 1/2 whole(s) jalapeno pepper, diced
- 3/4 tsp(s) freshly ground black pepper
- 1/2 tsp(s) organic garlic powder
- 1 tsp organic cayenne pepper
- 1 Tbsp organic chili powder
- 1 tsp organic ground cumin
- 16 ounce(s) organic dry black beans, soaked overnight
- 1/2 tsp(s) organic hot sauce

Preparation

1. Drain soaked black beans and rinse.
2. Add beans, jalapenos, and chicken broth to slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.
3. Cook on High for 4 hours. Reduce heat to Low, and continue cooking for 2 hours.

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