

Crock Pot Black Bean Soup

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Crock Pot Black Bean Soup (Serves 6)

- 1 Tbsp Olive Oil
- 1 Onion, diced
- 3 Garlic Cloves, chopped
- 2 Cups Dried Black Beans, soaked overnight, rinsed and drained
- 1 32 oz Chicken Broth or Vegetable Stock, low sodium
- 1/4 Cup Cilantro, chopped
- 2 Bay Leaves
- 2 Tsp Kosher Salt
- 1 Cup Water

Accompaniments: Yogurt, Sour Cream, Crème Fraiche

1. Heat oil in a sauté pan over medium heat and sauté onions for 4 minutes.
2. Add chopped garlic and sauté an additional minute.
3. Place the onion garlic mixture into the crock pot along with the rest of the ingredients and stir to combine.
4. Cook on low for 8-10 hours.
5. Using either a hand blender or traditional blender, puree the ingredients to your desired texture (I like to get it so a few pieces of beans are still visible so the soup is thick and still has a bit of texture).
6. Top with a dollop of yogurt, sour cream or crème fraiche.
7. Serve.

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