

## Healthy Cuban Black Bean Soup (GF,V)

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Time: Overnight soaking + 20 minutes prep + 6 hours in slow cooker + 10 minutes to blend

### Ingredients

- 1 16 oz. bag (1 lb.) of dried black beans
  
- 1 sweet onion, diced
- 1 yellow or red bell pepper, diced
- 1 c. carrots, diced
- 4 cloves garlic, minced
- 2 jalapeno peppers, diced
- 1 14.5 oz. can diced tomatoes
- 1/3 c. sun dried tomatoes (not in oil; I like Bella Sun Luci's with zesty peppers for this)
- 2 tsp. kosher salt
- 1/2 tsp. course ground pepper
- 1 tbsp. ground cumin
- 6 c. water

### Directions:

Soak dried beans on the counter overnight by placing in a medium bowl and filling with enough water to cover by 2 inches.

The next morning, drain and rinse soaked beans and add to your slow cooker. Add the rest of the ingredients and stir to combine. Place slow cooker on 6 hour setting and start.

When done, ladle the soup into your Vitamix in batches, making sure not to fill more than 2/3 full to account for expansion of the hot soup. (Or use an immersion blender right in your slow cooker.) Blend each batch for about 10 seconds, a short enough time to still leave some chunks. Return blended soup to slow cooker and keep warm until time to serve.

Serve with a dollop of guacamole or vegan sour cream and tortilla chips.

Serves 8.

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Nutritional Estimations: Calories 149. Total Fat 0 g. Cholesterol 0 mg. Sodium 620 mg. Potassium 232 mg. Total Carbs 43 g. Fiber 25 g. Sugars 6 g. Protein 15 g. Vitamin A 68%. Vitamin C 46%. Calcium 14%. Iron 28%.