

Crock Pot Beef and Black Bean Soup

SOURCE: QUICK COOKING, May/June 2001 (Vickie Gibson – Gardendale AL)

INGREDIENTS:

1 lb lean ground beef
2 cans (14.5 oz each) chicken broth
1 can (14.5 oz) diced tomatoes, un-drained
3 green onions, thinly sliced
3 medium carrots, thinly sliced
2 celery ribs, thinly sliced
2 garlic cloves, minced
1 TBS sugar
1.5 tsp dried basil
1/2 tsp salt
1/2 tsp dried oregano
1/2 tsp ground cumin
1/2 tsp chili powder
2 cans (15 oz each) black beans, rinsed/drained
1/5 C cooked rice

DIRECTIONS:

In skillet over medium heat, cook beef till no longer pink – drain – transfer to crock pot – add next 12 ingredients (not bean + rice yet) – cook 4-5 hours or till veggies are tender – add beans + rice – cook 1 hour longer or till heated through.

Yield: 10 servings (2.5 qt)

Per 1 C Serving: CAL 213; FAT 5g (2g saturated fat); CHOL 17mg; SODIUM 819mg; CARBS 25g; FIBER 6g; PROTEIN 16g – Diabetic exchanges: 1.5 starch; 1.5 lean meat