

## Slow cooker BLACK BEAN and RICE SOUP

Courtesy of: Iowa Girl Eats, <http://iowagirleats.com>

### Ingredients:

- 2 – 15 oz cans Black Beans, drained and rinsed (*Mrs. Grimes Black Beans was used*)
- 2 Bell Peppers, seeded and chopped (green and red was used) (OR 2 TBS dried bell peppers in hot water)
- 1-2 Jalapeno Peppers
- ½ Yellow Onion, chopped (or 1/2 TBS dried Onions re-hydrated in hot water)
- 3 Garlic Cloves, minced
- 1 TBS. Cumin
- 1 tsp. Salt
- ½ tsp. dried Oregano
- 1 cup Salsa (see notes)
- 3 ¾ cups Chicken or Vegetable Broth, divided
- ¾ cup long grain white Rice
- Juice of ½ Lime

**Toppings:** Tortilla Chips, Corn Chips, chopped Cilantro, Guacamole, Chopped Avocado, Sour Cream

### Directions:

1. Add Black Beans and Salsa to a 6 qt. slow cooker.

Then add 1 ½ cups Broth and stir to combine. Cover then cook on HIGH for 3-4 hours or LOW for 5 - 6 hours (depending on how big the peppers were chopped.)

Scoop approximately 1/3 or ½ of the soup into a blender then blend until very smooth. NOTE: *You may need to do this in batches as hot liquid expands while being blended!*

Add soup back into the slow cooker then stir to combine.

2. Meanwhile, when the soup has 20 minutes left to cook, bring rice and remaining 1¼ cups of broth to a boil in a small saucepan.

Place a lid on top then turn the heat down to low and simmer rice for 10 minutes.

Remove saucepan from the heat then let sit and steam with the lid on for 5 minutes.

Stir cooked rice into the soup then add a little bit of lime juice a little at a time until desired taste is reached.

Add more salt, if necessary, then let soup sit and thicken for 15 minutes before serving with toppings.

\*Notes: Secret-Ingredient Restaurant-Style Salsa found in:  
(<https://iowagirleats.com/2017/07/25/resturant-style-salsa/>)