

Black Bean Soup (crock pot meal)

Recipe from: Angela Moore



Ingredients:

- 1 lb bag of dried black beans
- 1 ham hock
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp ground black pepper
- 1 small bunch chopped cilantro, about ½ cup (more if you like cilantro)
- 2 jalapenos, sliced
- 1 can diced tomatoes with green chiles
- 1 Tbsp plain Greek yogurt or sour cream for each bowl of soup

Directions:

Rinse beans in a colander. Place beans, ham hock, chili powder, cumin and black pepper in a slow cooker. Cover the beans and ham hock with water so there's about 2 inches of water covering the beans. Stir to mix and cook on low for 6 hours. Remove lid and stir. Add cilantro, jalapenos, and tomatoes. Cook another 2 hours on low. You may end up with a lot of broth. I ended up taking some of the broth out so it wouldn't be too soupy. Serve in a bowl with yogurt or sour cream.

This will make quite a bit, so I plan on portioning it out into 2 cup portions and freezing in Ziploc bags. I can add it to chili, taco meat, or use them in burritos or on nachos.