

Betty's Mexican-Style Black Bean Soup Recipe



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In this video, Betty demonstrates how to make a hearty and healthy Mexican-Style Black Bean Soup. It is made in a slow cooker from canned goods, along with a few herbs and spices. It is super easy, and makes a large amount for your family or for college students who are looking for a great meal that is easy on the budget.

Ingredients:

- (2) 15-oz. cans black beans, rinsed and drained
- 7 oz. can chopped green chiles (You may use [2] 4.5-oz. cans instead.)
- 14 ½ -oz. can Mexican-style stewed tomatoes, chopped, but undrained
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- 11-oz. can sweet whole kernel corn with green and red peppers, drained. (You may use regular whole kernel corn.)
- 4 green onions, sliced
- 2 to 3 tablespoons chili powder (Start with 2 tablespoons, and increase as desired.)
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Combine all ingredients in a slow cooker. Cover and cook on HIGH for 5 to 6 hours. Taste for flavorings during the last hour of cooking, and adjust to your taste, if desired. You may serve this with tortilla chips, crackers, or cornbread. I served mine with Onion-Cheddar Cheese Cornbread Sticks—delicious!!! I think you will really like this warming soup during the cold days of winter! Enjoy!!! --Betty ☐