

Slow-cooker Black Bean Soup

Darci Steiner, MS CNC

Ingredients:

2 cups dry black beans

3 quarts water

1 ½ onions, sliced

3 bay leaves

3 stalks celery, chopped

½ pound diced ham or turkey bacon (if desired)

Sea salt and pepper to taste

Steps:

1. Soak beans in water overnight. Drain the next day and add beans to slow-cooker with fresh water or vegetable broth.
2. Add all other ingredients.
3. Cook until beans are soft and mushy, adding more water as needed. Remove bay leaves.
4. Cooked bean mixture can be mashed with a masher, or eaten as is.
5. Add water, salt, and pepper as necessary.
6. Reheat mixture to serve.

Serves 4-6



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