



Black Bean Taco Soup



1/6 of recipe (about 1 1/4 cups): 180 calories, 2g total fat (<0.5g sat. fat), 738mg sodium, 32.5g carbs, 8.5g fiber, 5.5g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 3–4 hours or 7–8 hours



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Ingredients

3 cups low-sodium vegetable broth
Two 15-oz. cans black beans, drained and rinsed
One 14.5-oz. can diced tomatoes with green chiles (not drained)
1 cup (about 1 small) chopped onion
1 cup (about 1 medium) chopped bell pepper
1 1/2 tbsp. taco seasoning
1 oz. (about 12) lightly crushed tortilla chips
Optional toppings: avocado, shredded reduced-fat Mexican-blend cheese, light sour cream

Directions

In a slow cooker, combine all ingredients except chips.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until veggies are tender.

Stir well. Using an [immersion blender](#), blend about half of the soup mixture. (Or blend it all, if you love a pureed soup.)

Serve topped with crushed chips.

MAKES 6 SERVINGS

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