



Southwest Bean & Corn Soup



1/8 of recipe (about 1 cup): 147 calories, 1.5g total fat (0.5g sat. fat), 521mg sodium, 29g carbs, 5g fiber, 9g sugars, 5.5g protein

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



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Ingredients

3 1/2 cups fat-free low-sodium vegetable broth
One 15-oz. can black beans, drained and rinsed
One 14.75-oz. can cream-style corn
One 14.5-oz. can diced tomatoes with green chiles, not drained
1 cup frozen sweet corn kernels
1 cup chopped onion
1 cup chopped bell pepper
1/2 cup fat-free milk
1 tsp. chopped garlic
1/2 tsp. ground cumin
1/2 tsp. chili powder
1/4 tsp. black pepper
1/4 cup instant mashed potato flakes
1/4 cup light sour cream
1/4 cup chopped fresh cilantro

Directions

Combine all ingredients except potato flakes, sour cream, and cilantro in a slow cooker. (A 4-qt. slow cooker is best.) Mix well.

Cover and cook on high for 3–4 hours or on low for 7–8 hours.

Add potato flakes and sour cream, and stir until uniform. Serve sprinkled with cilantro.

MAKES 8 SERVINGS

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