

Black Bean Soup

Ingredients:

- 1 lb. dry black beans
- 6 c. water or chicken broth
- 3 T. garlic, minced
- 1 onion, diced
- 1-2 bell peppers, diced (use different colors, if desired)
- 1-2 t. chili powder
- 1-2 t. ground cumin
- salt and pepper to taste
- ham hock, if available

Instructions:

Rinse and sort the beans. Presoak the beans by one of these methods:

1. Place beans in a large pot and cover with warm water. Let soak overnight. -Or-
2. Place beans in a large pot and cover with warm water. Bring the water to a boil over high heat. Cook the beans for 1 minute, then remove the pot from the heat. Let the beans soak for 1 hour.

After soaking place the beans in a colander and rinse well.

Place the drained beans in your crockpot.

Add water or broth, garlic, onion, peppers, and the ham hock.

Cook on low for 7-8 hours or on high 4-5 hours or until soft and tender.

Once the beans are soft you can add the seasonings.

Cover and cook another 30-45 minutes.

Serve plain or top with sour cream and cheese. Enjoy!