



Here's a wonderful soup that you can make in a slow cooker and forget about! It is loaded in nutrients and flavor. It is also really inexpensive. What a deal!

You will need to do the following:

1. Rinse **16 oz. of dry black beans** in a colander. Wash them well.
2. Place the beans in a Crock-Pot.
3. Chop **1 medium yellow onion** and throw it in the pot.
4. Chop **3 medium tomatoes** and throw them in the pot - juice and all.
5. Peel and dice **1 large carrot** and throw it in the pot.
6. Seed and finely chop **1 jalapeno** and throw it in the pot.
7. Finely chop **2 celery stalks with the leaves** and throw them in the pot.
8. Mince **4 garlic cloves** and throw it in the pot.
9. Sprinkle **1 TBS salt, a lot of black pepper, 1 TBS cumin and 1 tsp oregano** on the whole thing. Mix well.
10. Add about **8 cups of boiling water** on top of the beans and veggies. Don't worry about having too much liquid. The beans will grow as they rehydrate and cook.
11. Cook on high for 6 hours without uncovering to sneak any peaks.
12. Uncover the pot and- if you have an immersible blender , blend until 3/4 of the soup is creamed. If you do not have one, let the soup cool for a little while and blend 3/4 of it, in batches, in a stand-up blender. Return the creamed soup to the pot with the remaining soup. Mix well. Taste for salt and re-season if necessary.
13. Ladle into bowls and garnish with **chopped tomatoes, crumbled white cheese (I used Cotija) and chopped scallions.**
14. Enjoy!