

## Slow Cooker Black Bean Soup

If you're wondering why I'm putting up [another](#) slow cooker soup recipe, it's because I'm completely enamored with the lack of effort required to get a pot of hot, healthy goodness on my table. Plus, soup makes me think of food drives, and food drives make me think of charitable giving, and that's what this post is all about.

Makes 8 servings

1 pound dried black beans, soaked overnight  
1 medium onion, diced  
3 cloves garlic, minced  
2 cans (28 ounces total) low-sodium chicken or vegetable broth, or homemade stock  
12 ounces prepared salsa (I used one jar of Trader Joe's green salsa)  
1-1/4 cups cold water  
1 teaspoon chili powder  
Sour cream and lime, for serving, if desired

After soaking the beans, drain and rinse them under cool running water. Place them in the slow cooker along with the remaining ingredients (except the sour cream and lime).

Set the slow cooker to low and cook for about 9 hours. Unplug cooker and remove the insert.

Puree the contents with a stick blender, or, using caution, transfer to a traditional blender and puree. Soup will thicken as it cools.

Serve with a dollop of sour cream and lime wedges, if desired.