

Big Batch Black Bean Soup

Ingredients for 8 servings:

- 2 2/3 cups Black Beans (cooked, drained and rinsed)
- 4 cups Diced Tomatoes
- 1 1/3 Sweet Onion (diced)
- 1 1/3 cups Frozen Corn
- 2/3 Green Bell Pepper (diced)
- 2 cloves Garlic (diced)
- 2 2/3 Jalapeno Pepper (de-seeded and diced)
- 2 2/3 tbsps Chili Powder
- 2 2/3 tsps Cumin
- 1 1/3 tsps Oregano
- 2/3 tsp Black Pepper
- 2 2/3 tsps Sea Salt
- 1 1/3 cups Brown Rice (uncooked)
- 5 1/3 cups Water
- 5 1/3 cups Kale Leaves (chopped)
- 1 1/3 Avocado (peeled and diced)
- 1/3 cup Salsa
- Other Toppings: Cilantro, Crushed Tortillas, Grated Cheese

Directions:

1. Add all ingredients except kale, avocado and salsa to the slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
2. About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
3. After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. I let the kids crush up tortillas and grated organic cheese to top their soup if they choose. Enjoy!

