

Beef & Black Bean Soup

TOTAL TIME: Prep: 10 min. Cook: 6 hours **YIELD:** 10 servings (2-1/2 quarts).

Ingredients

- 1 pound lean ground beef (90% lean)
 - 2 cans (14-1/2 ounces each) chicken broth
 - 1 can (14-1/2 ounces) diced tomatoes, undrained
 - 8 green onions, thinly sliced
 - 3 medium carrots, thinly sliced
 - 2 celery ribs, thinly sliced
 - 2 garlic cloves, minced
 - 1 tablespoon sugar
 - 1-1/2 teaspoons dried basil
 - 1/2 teaspoon salt
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon chili powder
 - 2 cans (15 ounces each) black beans, rinsed and drained
 - 1-1/2 cups cooked rice
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Directions

- **1.** In a skillet over medium heat, cook beef until no longer pink; drain. Transfer to a 5-qt. slow cooker. Add the next 12 ingredients. Cover and cook on high for 1 hour. Reduce heat to low; cook until vegetables are tender, 4-5 hours. Add the beans and rice; cook until heated through, about 1 hour longer.
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