

## Slow Cooker Black Bean and Lentil Soup

### Ingredients

- ½ pound dry lentils
- ¼ pound dry black beans
- 1 medium onion, finely diced
- 2 large carrots, chopped
- 1 can low sodium diced tomatoes
- 1 clove garlic, minced
- 1 tablespoon ground cumin
- 1½ teaspoons chili powder
- ½ teaspoon dried parsley
- 5 cups hot water
- 1 teaspoon salt
- ½ teaspoon black pepper



Yield: 12 cups (8 servings)

Prep Time: 10 mins

Total Time: 6 hours, 10 min

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### Directions

1. Rinse lentils and black beans. Discard any small pebbles or bad beans. Pour beans and lentils into the slow cooker.
2. Add the onions, carrots, tomatoes, garlic, cumin, chili powder, parsley, and hot water to your slow cooker.
3. Place the lid on top, and cook on HIGH for 6 hours. Try not to open your slow cooker or stir the soup.
4. Remove the lid, and add the salt and pepper to taste. Mash the soup into a thicker mixture if desired. Serve hot. The soup will be very thick, almost like chili. Garnish with sour cream/plain Greek yogurt, fresh parsley, or cheddar cheese if desired.

Nutrition information: Per 1 1/2 cup serving

**Calories:** 159 **Carbohydrate:** 34g **Fiber:** 11g **Fat:** 0g **Protein:** 12g **Sodium:** 327mg