

Pork or Chicken Black Bean Soup

Use pork tenderloin or boneless, skinless chicken breasts for this recipe...whichever one is on sale or you have in your freezer!

Servings: 3

Adapted from womansday.com

Ingredients

3 cups low-sodium chicken broth

1/2 yellow onion, chopped

2 cloves garlic, finely chopped

1/2 tablespoon chopped canned chipotle chiles in adobo sauce

1 tablespoon adobo sauce from canned chipotle chiles

1 teaspoon ground cumin

1/2 lb dried black beans, rinsed

1 pork tenderloin, trimmed of fat OR 2 boneless, skinless chicken breasts

Sour cream, refrigerated fresh salsa and fresh cilantro, for serving

Preparation

1) In a slow cooker, combine the chicken broth, onion, garlic, chiles, adobo sauce and cumin.

2) Add the beans and pork or chicken. Cook, covered, until beans are tender and the pork/chicken easily pulls apart, about 8 hours on low or 6 hours on high.

3) Transfer meat to a bowl and, using a fork, break into large pieces. Using a handheld immersion blender, purée half the soup. (Alternatively, purée half the soup in a standard blender and stir it back in.)

4) Stir the pork back into the soup and serve with toppings such as sour cream, salsa and cilantro, if desired.