

Mexican Bean Soup (Slow cooker option)

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-mexican-bean-soup-recipe>

Ingredients:

- 1 tablespoon oil or so, optional
- 1 large yellow onion diced
- 3 bell peppers medium, one green, diced
- 4 cloves garlic chopped
- 2 carrots diced,, a cup or so
- 1/2 pound chopped mushrooms approx 227 grams
- 1/4 cup red wine
- 1 can black beans no salt, rinsed and drained, 540 ml
- 1 can chick peas no salt, rinsed and drained, 540 ml
- 1 can pinto beans I couldn't find "no salt added",rinsed and drained, 540 ml
- 1 tablespoon masa flour
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 1/2 tablespoons nutritional yeast
- 1 teaspoon dried oregano
- 1 teaspoon granulated garlic
- 1 teaspoon ground coriander
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1 tablespoon tomato paste
- 3 tablespoons bouillon "Better than, Vegetarian No Beef Soup Base"
- 8 cups water
- lime wedges highly recommend !!
- chopped cilantro highly recommend!!
- hot sauce highly recommend!!, I like "Valentina's" or "Franks Red Hot"
- tortilla chips for dipping- yum!
- avocado sliced
- salsa fresh, or store bought, my favourite store bought salsa is " Old El Paso Restaurante"

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 47 grams
3. Fat: 6 grams
4. Fiber: 12 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 800 milligrams
8. Sugar: 5 grams

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