

Slow Cooker Mexican Bean and Potato Soup

Yield: 5 min
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-beans-in-crock-pot>

Ingredients:

- 2 poblano peppers Roasted, peeled, seeded and diced
- 2 jalapeños seeded & minced {leave the seeds in for more heat!}
- 2 chipotles in adobo sauce minced
- 1 white onion Medium, chopped
- 4 garlic cloves minced
- 1 tablespoon cumin
- 1 tablespoon Mexican oregano
- 1 cup beans Dried Mayocoba
- 2 1/2 cups russet potatoes peeled and chopped
- 1 bay leaf Mexican
- 4 cups vegetable broth
- 2 cups water
- salt
- pepper
- 1/2 cup fresh parsley chopped, optional

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 23 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 930 milligrams
7. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Slow Cooker Mexican Bean and Potato Soup above. You can see more 18 recipe for mexican beans in crock pot Experience culinary bliss now! to get more great cooking ideas.