

Slow Cooker Burrito Soup

Recipe

Vegan, gluten free, dairy free

Yields 6 Servings

Ingredients

2 cups, Black Beans (cooked, drained and rinsed)

3 cups, Diced Tomatoes

1 Sweet Onion (diced)

1 cup Organic Frozen Corn

1/2 Green Bell Pepper (diced)

2 Jalapeno Pepper (de-seeded and diced)

2 tbsps. Chili Powder

2 tsps. Cumin

1 tsp. Oregano

1/2 tsp. Black Pepper

2 tsps. Himalayan Salt

1 cup Brown Rice (uncooked)

4 cups Water

1 Avocado (peeled and diced)

1/4 cup Organic Salsa

Instructions

Add all ingredients except avocado, and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.

Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!