

# BLACK BEAN SOUP

PAGE 171 • BEST BY:

**Directions** This soup can be cooked from frozen or thawed.  
**Stovetop:** In a large pan, simmer over medium heat until vegetables are tender, about 30 minutes. **Slow cooker:** Cook until vegetables are tender, 8 hours on low or 4 hours on high.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

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