

## Slow Cooker Black Bean Soup (with Instant Pot Option)



Author: Amy Palanjian Prep Time: 10 Cook Time: 7-8 hours on LOW

Total Time: 7 hours 10 minutes Yield: 8-10  1x Category: Dinner Method: Slow Cooker

Cuisine: Mexican

### Description

The addition of grains helps to thicken the soup to a nice consistency for little eaters, so don't be worried if it's pretty thin before you add them in before serving. (Recipe updated November 2020)

### Ingredients

6 cups black beans, drained and rinsed if using canned (or about 3 14.5 ounce cans)

2 cups diced sweet potato or butternut squash

1 cup onion, diced (about 1 medium)

1 quart vegetable or chicken stock

14.5 ounce can diced or crushed tomatoes

2 tablespoons ground [cumin](#)

1 tablespoon chili powder

1 teaspoon salt

1/2 teaspoon garlic powder

1–2 cups short grain rice (brown or white), fully cooked

Shredded cheese, sour cream, avocado, optional

### Instructions

- 1 Add the beans, sweet potato, onion, tomatoes, stock, [cumin](#), salt, and chili powder to the [slow cooker](#). Cover and cook on LOW for 7-8 hours or HIGH for 4-5 hours.
- 2 Puree soup with an immersion [blender](#) or a regular [blender](#), working carefully in batches. Stir in the the rice, using 1-2 cups depending on how thick you'd like the soup. Let sit, covered, for at least 5 minutes before serving to ensure the rice is warm.
- 3 Season to taste with additional salt if needed. Serve with shredded cheese, sour cream, and/or avocado, as desired.

### Notes

- i This recipe makes a lot, but it stores really well so you can enjoy it as leftovers the next day or put half into the freezer and pull it out when you need it. Store in an [airtight container](#) in the fridge for up to 5 days or in the freezer for up to 6 months.
- i **Instant Pot:** Add the ingredients except the rice to the bowl. Cover and seal. Cook on HIGH pressure for 10 minutes and let naturally release. Puree and stir in the rice.

- i We sometimes also stir in some frozen corn. And I sometimes add 2 cloves of peeled fresh garlic.
- i Use pinto beans if you prefer.
- i Serve with crackers or corn muffins, in a bowl or a smaller amount as a dip.
- i Add hot sauce to your adult portion as desired.

## nutrition facts

Serves 8

Calories Per Serving: **312**

		% DAILY VALUE	
Total Fat 1.5g	<b>2%</b>	Saturated Fat 0.3g	
Polyunsaturated Fat 0.6g		Monounsaturated Fat 0.4g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>	Sodium 1362.4mg	<b>59%</b>
Total Carbohydrate 59.9g	<b>22%</b>	Dietary Fiber 15.5g	<b>55%</b>
Sugars 4.6g		Protein 16.1g	<b>32%</b>
Vitamin A 266.5µg	<b>30%</b>	Vitamin C 16mg	<b>18%</b>
Calcium 112mg	<b>9%</b>	Iron 5.2mg	<b>29%</b>
Vitamin D 0µg	<b>0%</b>		

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