



## Southwest Bean & Corn Soup



1/8 of recipe (about 1 cup): 147 calories, 1.5g total fat (0.5g sat. fat), 521mg sodium, 29g carbs, 5g fiber, 9g sugars, 5.5g protein

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**Prep:** 10 minutes    **Cook:** 3-4 hours or 7-8 hours



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### Ingredients

3 1/2 cups fat-free low-sodium vegetable broth  
One 15-oz. can black beans, drained and rinsed  
One 14.75-oz. can cream-style corn  
One 14.5-oz. can diced tomatoes with green chiles, not drained  
1 cup frozen sweet corn kernels  
1 cup chopped onion  
1 cup chopped bell pepper  
1/2 cup fat-free milk  
1 tsp. chopped garlic  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1/4 tsp. black pepper  
1/4 cup instant mashed potato flakes  
1/4 cup light sour cream  
1/4 cup chopped fresh cilantro

### Directions

Combine all ingredients except potato flakes, sour cream, and cilantro in a slow cooker. (A 4-qt. slow cooker is best.) Mix well.

Cover and cook on high for 3-4 hours or on low for 7-8 hours.

Add potato flakes and sour cream, and stir until uniform. Serve sprinkled with cilantro.

**MAKES 8 SERVINGS**

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