

Ingredients

1 1/2 cups vegetable broth	2 cans chopped green chilies, undrained (4 oz)
1 tsp dried oregano leaves	3 cans black beans rinsed and drained (15 oz)
1 tsp dried thyme leaves	2 cans diced tomatoes, undrained (14 oz)
3 Tbsp tomato paste	2 red bell peppers, chopped
1 tsp ground cumin	1/4 cup fresh cilantro, chopped
1 Tbsp chili powder	Salt and pepper to taste
1/8 tsp cayenne pepper	
1 onion, chopped	
4 cloves garlic, minced	

Instructions

Combine all ingredients except cilantro in 3-4 quart slow cooker. Cover and cook on low for 8 hours. Stir in cilantro just before serving.

Nutrition Information Per Serving

Serves 6

Calories: 232

Fat: <1 gm

Fiber: 14 gm

Carbohydrates: 45 gm

Protein: 14 gm