



## **Black Bean Soup**

1 can black beans  
1 can Chili Beans  
Left over ham cut up small or 1 lb of browned sausage  
2 Bay Leaves  
4 Chicken Bouillon Cubes  
6 Cups of water  
3 Carrots chopped up  
1 Onion diced and browned in oil  
1 celery rib chopped fine  
1 t minced dried garlic  
1 Tbsp ground cumin  
1 teaspoon chili powder  
1 Tbsp molasses

Mix ingredients in Crockpot and heat on high 3 – 4 hours or low all day. To thicken with cornstarch turn to high mix 2 T cornstarch with some of the broth to make liquid and stir in soup to thicken as desired. More or less cornstarch depending on how thick you like your soup.

<http://www.lincolntent.com/GFCF-Soup.html>