Farmers Market Fun Family Recipes

Block Bean and Corn Soup

Serving Size: 1 Cup
Yield: 8 servings

Ingredients
15 ounce can black beans, drained and rinsed
14½ ounce can low-sodium Mexican stewed tomatoes, undrained
14½ ounce can low-sodium diced tomatoes, undrained
4 green onions, sliced

11 ounce can whole kernel corn, drained
1 small green pepper, sliced
4 ribs celery, diced
3 Tablespoons chili powder
1 teaspoon ground cumin
1 garlic clove, minced

Instructions
1. Combine all ingredients in slow cooker.
2. Cover and cook on HIGH for 5 to 6 hours.
Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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