

BARCELONA BEAN SOUP WITH DUMPLINGS

Let your slow cooker do the work.

3 c water	1 c chopped carrots
1 can (15 ½ oz) kidney beans, rinsed & drained	3 beef bouillon cubes
1 can (15 oz) black beans, rinsed & drained	3 garlic cloves, minced
1 can (14 ½ oz) Mexican style stewed tomatoes	1 t chili powder
1 can (4 oz) chopped green chilies	½ t salt
1 pkg (10 oz) frozen corn, thawed	¼ t pepper
1 c chopped onion	

Dumplings:

½ c all-purpose flour	1 egg white, beaten
¼ c yellow cornmeal	3 T milk
1 t baking powder	1 T vegetable oil
dash salt & pepper	

Combine soup ingredients in slow cooker, adjust setting accordingly.

Dumplings: combine flour, cornmeal, baking powder, salt & pepper. Combine egg white, milk and oil; stir into dry ingredients. Drop into eight mounds on to boiling soup. Reduce heat, cover and simmer for 15-20 minutes (do not lift the cover).

Makes 8 servings (2-1/4 quarts)

Total Calories: 168, Carbohydrate: 32 grams, Protein: 7.5 grams, Fat: 1 gram.

Dumplings Alone: Calories: 89, Carbohydrate: 8.5 grams, Protein: 2.0 grams, Fat: 5 grams.