



## Bacon and Sausage Black Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon
- 45 ounce black beans drained canned
- 14.5 ounce canned tomatoes whole drained coarsely chopped canned
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 21 ounce condensed chicken broth canned
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh
- 1 cup onion chopped
- 0.1 teaspoon pepper
- 0.5 pound kielbasa sausage sliced
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons tomato paste

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- ladle
- knife
- dutch oven

## Directions

- Cook bacon in a Dutch oven over medium heat until crisp; remove bacon, and set aside, reserving drippings in pan.
- Saute onion, carrot, celery, and garlic in drippings 3 minutes or until tender.
- Position knife blade in food processor bowl; add bacon and vegetable mixture. Process 1 1/2 minutes or until smooth. Wipe pan with a paper towel; add bacon mixture, 2 cans black beans, chicken broth, and next 8 ingredients.
- Place remaining 1 can black beans in a bowl; mash with a fork, and add to soup mixture. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes or until thickened. Ladle soup into individual bowls. Top each serving with 1 tablespoon sour cream.
- Garnish with fresh cilantro leaves, if desired.

## Nutrition Facts

PROTEIN 19.96% FAT 39.79% CARBS 40.25%

## Properties

Glycemic Index:38.65, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:16.667391362398%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

## Nutrients (% of daily need)

Calories: 306.52kcal (15.33%), Fat: 13.85g (21.3%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 20.05g (7.29%), Sugar: 4.38g (4.86%), Cholesterol: 33.46mg (11.15%), Sodium: 1117.97mg (48.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Fiber: 11.46g (45.84%), Vitamin A: 1530.48IU (30.61%), Manganese: 0.52mg (26.16%), Folate: 101.21µg (25.3%), Vitamin B1: 0.37mg (24.35%), Phosphorus: 242.87mg (24.29%), Potassium: 792.11mg (22.63%), Iron: 4.01mg (22.3%), Copper: 0.42mg (21%), Vitamin B2: 0.31mg (18.44%), Magnesium: 71.49mg (17.87%), Vitamin B3: 3.42mg (17.08%), Vitamin B6: 0.31mg (15.47%), Vitamin C: 11.91mg (14.44%), Zinc: 1.74mg (11.6%), Calcium: 97.48mg (9.75%), Selenium: 5.24µg (7.49%), Vitamin K: 7.71µg (7.34%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 0.99mg (6.6%), Vitamin B12: 0.3µg (5.05%), Vitamin D: 0.37µg (2.44%)