



## Basic Bean-Soup Mix

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



1287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 bay leaves
- 1 pound black-eyed peas dried
- 2.5 teaspoons pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 1.3 teaspoons pepper red crushed
- 5 teaspoons basil dried
- 1 pound black beans dried
- 1 pound kidney beans dried

- 5 teaspoons marjoram dried
- 5 teaspoons rosemary dried
- 1 pound peas split green
- 1 pound lentils dried yellow
- 1 cup onion chopped
- 5 teaspoons salt
- 0.5 pound ham hock smoked
- 8 cups water

## Equipment

- bowl
- dutch oven

## Directions

- To prepare dried-bean mix, combine first 5 ingredients in a large bowl. Divide the bean mixture into 5 equal portions (about 2 1/2 cups each), and place in airtight containers.
- To prepare spice mix, combine the salt and the next 6 ingredients (salt through bay leaves) in a bowl. Divide spice mix into 5 equal portions.
- Place in small airtight containers.
- To prepare the soup, sort and wash 1 portion dried-bean mix, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- Drain.
- Combine the drained bean mixture, 8 cups water, and the ham hock in a large Dutch oven; bring to a boil.
- Add 1 packet spice mix, onion, and tomatoes. Cover, reduce heat, and simmer 2 hours. Uncover; cook 1 hour. Discard bay leaf.
- Remove ham hock from soup.
- Remove meat from bone; shred meat with 2 forks. Return meat to soup.

## Nutrition Facts



■ PROTEIN 27.32% ■ FAT 8.93% ■ CARBS 63.75%

## Properties

Glycemic Index:44.93, Glycemic Load:24.88, Inflammation Score:-10, Nutrition Score:57.379564948704%

## Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg

## Nutrients (% of daily need)

Calories: 1287.45kcal (64.37%), Fat: 13.01g (20.02%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 209.02g (69.67%), Net Carbohydrates: 136.05g (49.47%), Sugar: 17.47g (19.41%), Cholesterol: 41.2mg (13.73%), Sodium: 2179.18mg (94.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.59g (179.18%), Folate: 1377.47µg (344.37%), Fiber: 72.97g (291.9%), Manganese: 4.43mg (221.5%), Vitamin B1: 2.57mg (171.23%), Phosphorus: 1343.53mg (134.35%), Copper: 2.64mg (131.81%), Iron: 22.41mg (124.47%), Potassium: 4244.69mg (121.28%), Magnesium: 480.95mg (120.24%), Zinc: 12.1mg (80.64%), Vitamin B6: 1.29mg (64.63%), Vitamin B5: 4.77mg (47.72%), Vitamin B2: 0.73mg (43.02%), Vitamin B3: 8.57mg (42.87%), Vitamin K: 44.84µg (42.71%), Calcium: 332.6mg (33.26%), Selenium: 14.92µg (21.32%), Vitamin C: 16.81mg (20.38%), Vitamin E: 2.09mg (13.92%), Vitamin A: 462.93IU (9.26%)