



Beef and Black Bean Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



1 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 1 pound ground round
- ☐ 14 ounce low-salt beef broth canned
- ☐ 2 cups pepper stir-fry frozen thawed
- ☐ 1 cup chunky salsa
- ☐ 2 teaspoons mexican seasoning salt-free

Equipment

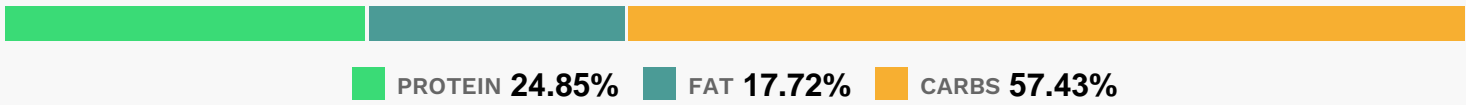
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook beef in a large saucepan over medium-high heat until beef is browned, stirring to crumble; drain. Return beef to pan; stir in seasoning.
- ☐ Mash 1 can beans with a fork.
- ☐ Add mashed beans and remaining can beans to beef mixture. Stir in peppers and broth; bring to a boil. Reduce heat, stir in salsa, and simmer, uncovered, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:14.66, Inflammation Score:-9, Nutrition Score:53.115651991056%

Nutrients (% of daily need)

Calories: 721.57kcal (36.08%), Fat: 16.04g (24.68%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 116.94g (38.98%), Net Carbohydrates: 70.12g (25.5%), Sugar: 3.33g (3.7%), Cholesterol: 73.71mg (24.57%), Sodium: 1523.89mg (66.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.61g (101.21%), Manganese: 15.79mg (789.46%), Vitamin K: 212.61µg (202.48%), Fiber: 46.82g (187.27%), Iron: 19.25mg (106.92%), Copper: 2.12mg (106.05%), Potassium: 2988.21mg (85.38%), Magnesium: 315.78mg (78.95%), Calcium: 669.63mg (66.96%), Phosphorus: 649.64mg (64.96%), Zinc: 8.18mg (54.56%), Vitamin B6: 1.02mg (50.99%), Vitamin B3: 9.26mg (46.32%), Vitamin B12: 2.51µg (41.77%), Folate: 165.05µg (41.26%), Selenium: 28.08µg (40.11%), Vitamin B2: 0.68mg (39.93%), Vitamin B1: 0.5mg (33.34%), Vitamin B5: 2.87mg (28.75%), Vitamin A: 1009.49IU (20.19%), Vitamin E: 2.84mg (18.91%), Vitamin C: 7.03mg (8.52%)