



## Beezie's Black Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



10

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound black beans dry
- 28 ounce canned tomatoes diced peeled canned
- 1 carrots chopped
- 1 stalk celery chopped
- 2 tablespoons chili powder
- 6 cloves garlic crushed
- 2 bell peppers green chopped
- 2 teaspoons ground cumin

- 0.5 teaspoon ground pepper black
- 2 jalapeno minced seeded
- 0.3 cup lentils dry
- 0.5 teaspoon oregano dried
- 1 large onion red chopped
- 3 tablespoons red wine vinegar
- 1 tablespoon salt
- 1.5 quarts water
- 0.5 cup rice white uncooked

## Equipment

- food processor
- pot
- blender
- slow cooker

## Directions

- In a large pot over medium-high heat, place the beans in three times their volume of water. Bring to a boil, and let boil 10 minutes. Cover, remove from heat and let stand 1 hour.
- Drain, and rinse.
- In a slow cooker, combine soaked beans and 1 1/2 quarts fresh water. Cover, and cook for 3 hours on High.
- Stir in carrot, celery, onion, garlic, bell peppers, jalapeno pepper, lentils, and tomatoes. Season with chili powder, cumin, oregano, black pepper, red wine vinegar, and salt. Cook on Low for 2 to 3 hours. Stir the rice into the slow cooker in the last 20 minutes of cooking.
- Puree about half of the soup with a blender or food processor, then pour back into the pot before serving.

## Nutrition Facts



■ PROTEIN 19.29% ■ FAT 5.36% ■ CARBS 75.35%

## Properties

Glycemic Index:37.36, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:15.441304248312%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 159.08kcal (7.95%), Fat: 1g (1.53%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 22.9g (8.33%), Sugar: 5.24g (5.83%), Cholesterol: 0mg (0%), Sodium: 847mg (36.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Vitamin C: 31.9mg (38.66%), Vitamin A: 1812.64IU (36.25%), Fiber: 8.65g (34.59%), Manganese: 0.66mg (33.11%), Folate: 110.26µg (27.56%), Copper: 0.36mg (18.06%), Iron: 3.2mg (17.8%), Vitamin B6: 0.34mg (17%), Potassium: 594.71mg (16.99%), Vitamin B1: 0.25mg (16.91%), Magnesium: 67.22mg (16.81%), Phosphorus: 143.18mg (14.32%), Vitamin E: 1.91mg (12.75%), Vitamin K: 11.29µg (10.75%), Vitamin B3: 1.93mg (9.65%), Zinc: 1.26mg (8.37%), Calcium: 72.64mg (7.26%), Vitamin B2: 0.12mg (7.01%), Vitamin B5: 0.63mg (6.27%), Selenium: 3.52µg (5.03%)