



Black-Bean and Corned-Beef Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots diced
- ☐ 2 ribs celery diced
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 0.5 pound deli corned beef sliced thin
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 jalapeno minced
- ☐ 1 onion chopped

- ☐ 1 bell pepper diced red
- ☐ 1.5 teaspoons salt
- ☐ 3 cups water
- ☐ 1.5 tablespoons white-wine vinegar

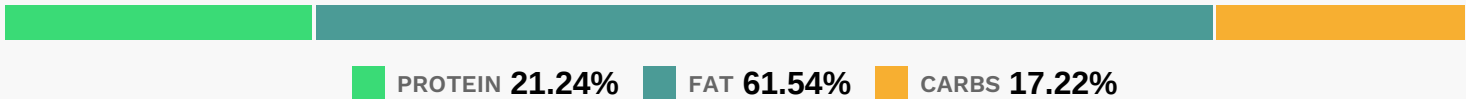
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the onion, carrots, celery, bell pepper, and 1/2 teaspoon of the salt and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the water, broth, and the remaining teaspoon of salt to the pot. Bring to a boil. Reduce the heat and simmer until the vegetables are tender, about 10 minutes. Stir the beans and jalapeo into the soup and simmer for 5 minutes more.
- ☐ Remove the pot from the heat and stir in the corned beef, vinegar, and parsley.
- ☐ Make Ahead: If you make the soup ahead of time, wait to stir in the last three ingredients until you're ready to serve. Otherwise, the flavor of the corned beef will leach out into the broth, the vinegar will lose its bite, and the parsley will turn brown.
- ☐ Wine Recommendation: This hearty soup calls for an equally hearty wine. Look for Australia's unique cabernet sauvignon/shiraz blend, a red wine redolent of blackberries, cassis, herbs, and eucalyptus. Its full body and frank fruitiness are just what you want.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:21.006956515105%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg
Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.98mg, Quercetin:
5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 239.94kcal (12%), Fat: 16.78g (25.81%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 10.56g (3.52%), Net
Carbohydrates: 8.07g (2.94%), Sugar: 4.54g (5.04%), Cholesterol: 30.62mg (10.21%), Sodium: 1666.04mg (72.44%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Vitamin A: 6470.78IU (129.42%), Vitamin C:
67.01mg (81.22%), Vitamin K: 78.59µg (74.85%), Vitamin B3: 5.28mg (26.4%), Vitamin B12: 1.19µg (19.77%), Vitamin
B6: 0.38mg (18.83%), Potassium: 604.97mg (17.28%), Selenium: 11.07µg (15.82%), Phosphorus: 154.16mg (15.42%),
Vitamin E: 2.11mg (14.06%), Zinc: 2.08mg (13.87%), Vitamin B2: 0.21mg (12.36%), Copper: 0.23mg (11.3%), Iron:
1.92mg (10.67%), Folate: 41.38µg (10.35%), Fiber: 2.49g (9.95%), Manganese: 0.16mg (7.93%), Magnesium: 26.31mg
(6.58%), Vitamin B5: 0.61mg (6.1%), Vitamin B1: 0.08mg (5.47%), Calcium: 49.32mg (4.93%)