



Black Bean and Hominy Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans drained canned
- 1.5 cups chicken stock see low-sodium canned
- 1 teaspoon chipotle chile in adobo canned minced
- 0.3 cup cilantro leaves finely chopped
- 0.5 teaspoon coriander
- 1 large garlic clove minced
- 1 bell pepper green coarsely chopped
- 0.5 teaspoon ground cumin

- 15 ounce hominy drained canned
- 2 tablespoons olive oil extra-virgin
- 1 medium onion coarsely chopped
- 6 servings salt and pepper freshly ground
- 0.5 cup cheddar cheese shredded
- 0.5 pound ham smoked sliced cut into 1/2-inch dice

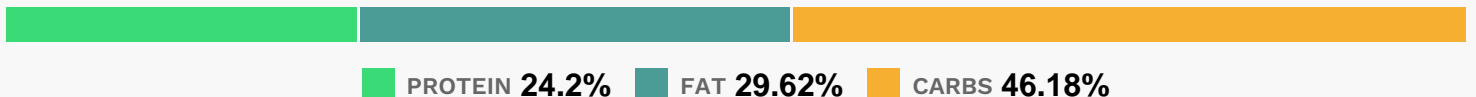
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan, heat the olive oil until shimmering.
- Add the bell pepper, onion and garlic and cook over moderately high heat until the vegetables are just beginning to brown, about 4 minutes.
- Add the ham, cumin, coriander and chipotle and cook until the ham is lightly browned, about 3 minutes longer.
- Add the black beans, hominy and stock and bring to a boil. Simmer the stew over moderate heat until slightly thickened, about 10 minutes.
- Add the cilantro and season the stew with salt and pepper. Spoon the stew into deep bowls, sprinkle with the Cheddar and serve.
- Serve With: Warm corn tortillas and a bowl of sour cream.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:15.312608651493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 319.93kcal (16%), Fat: 10.71g (16.48%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 25.26g (9.19%), Sugar: 2.76g (3.07%), Cholesterol: 27.56mg (9.19%), Sodium: 1522.89mg (66.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.39%), Fiber: 12.33g (49.33%), Phosphorus: 338mg (33.8%), Vitamin C: 21.48mg (26.04%), Folate: 95.07µg (23.77%), Iron: 4.05mg (22.49%), Manganese: 0.45mg (22.3%), Copper: 0.44mg (22.11%), Magnesium: 80.53mg (20.13%), Potassium: 672.32mg (19.21%), Zinc: 2.67mg (17.82%), Vitamin B1: 0.23mg (15.04%), Vitamin B2: 0.25mg (14.49%), Calcium: 138.69mg (13.87%), Selenium: 6.81µg (9.73%), Vitamin B3: 1.85mg (9.25%), Vitamin B6: 0.17mg (8.41%), Vitamin K: 6.83µg (6.5%), Vitamin E: 0.88mg (5.85%), Vitamin B5: 0.46mg (4.58%), Vitamin A: 222.24IU (4.44%), Vitamin B12: 0.16µg (2.65%)