



# Black Bean and Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 30 oz black beans reduced-sodium canned
- 16 oz pumpkin canned
- 14.5 oz canned tomatoes diced no salt added canned ()
- 2 tablespoons california chilies
- 1 chipotle chilies canned drained
- 5 servings cilantro sprigs fresh
- 1 teaspoon cumin seed
- 2 cloves garlic

- 5 servings lime wedges
- 5 servings cup heavy whipping cream sour reduced-fat
- 2 cups chicken broth reduced-sodium
- 1 cup onion coarsely chopped
- 1 tablespoon salad oil

## Equipment

- frying pan
- blender

## Directions

- In a 5- to 6-quart pan over medium-high heat, stir New Mexico chilies and cumin just until they start to smoke, 1 to 2 minutes.
- Scrape into a blender and add tomatoes with their juice, onion, garlic, chipotles, and oil; whirl until smooth.
- Pour chili mixture into pan. Bring to a simmer over medium-high heat, partially cover, and stir occasionally until slightly thickened, about 5 minutes. Stir in beans with their liquid, broth, and pumpkin. Bring to a simmer over high heat, then reduce heat and simmer, covered, for 10 minutes to blend flavors.
- Whirl about 2 cups of the soup in blender until smooth, then return to pan.
- Garnish soup with cilantro sprigs and offer lime wedges and sour cream to season to taste.

## Nutrition Facts



## Properties

Glycemic Index:34.2, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:24.648695792841%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin:

1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

## Nutrients (% of daily need)

Calories: 295.52kcal (14.78%), Fat: 6.98g (10.74%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 30.49g (11.09%), Sugar: 7.42g (8.24%), Cholesterol: 8.4mg (2.8%), Sodium: 827.48mg (35.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.77%), Vitamin A: 14370.42IU (287.41%), Fiber: 16.32g (65.29%), Manganese: 0.68mg (34.06%), Vitamin C: 27.98mg (33.91%), Iron: 5.93mg (32.93%), Folate: 131.54µg (32.89%), Potassium: 1076.95mg (30.77%), Phosphorus: 292.36mg (29.24%), Copper: 0.56mg (28.03%), Magnesium: 99.22mg (24.8%), Vitamin B1: 0.33mg (22.05%), Vitamin B2: 0.37mg (21.9%), Vitamin K: 20.34µg (19.37%), Vitamin B3: 3.42mg (17.12%), Vitamin B6: 0.34mg (16.79%), Calcium: 160.72mg (16.07%), Vitamin E: 2.15mg (14.33%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.83mg (8.34%), Selenium: 3.79µg (5.41%), Vitamin B12: 0.2µg (3.25%)