



Black Bean and Red Pepper Soup with Smoked Sausage

 Gluten Free

READY IN



68 min.

SERVINGS



6

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 30 ounce black beans undrained canned
- 0.5 teaspoon chili powder
- 14 ounce less-sodium chicken broth fat-free canned
- 3 garlic cloves minced
- 6 tablespoons green onions thinly sliced
- 0.5 teaspoon ground cumin

- 6 tablespoons cup heavy whipping cream sour reduced-fat
- 1 teaspoon olive oil
- 0.8 cup onion chopped
- 1.5 cups bell pepper red coarsely chopped (1 large)
- 8 ounces turkey kielbasa sausage diced

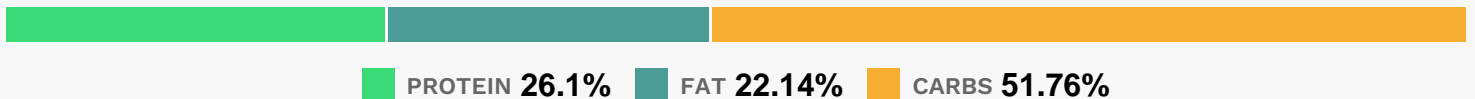
Equipment

- bowl
- frying pan
- ladle
- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat.
- Add garlic and onion; saut 5 minutes or until tender.
- Add cumin and chili powder; cook 1 to 2 minutes, stirring constantly (mixture will adhere to pan). Stir in beans and next 3 ingredients, scraping pan to loosen browned bits; bring mixture to a boil. Reduce heat, and simmer 30 minutes.
- Stir in bell pepper; simmer, uncovered, 10 minutes. Ladle soup into individual bowls. Top each with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:20.399999916553%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 236.93kcal (11.85%), Fat: 5.99g (9.21%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 19.94g (7.25%), Sugar: 3.92g (4.35%), Cholesterol: 24.23mg (8.08%), Sodium: 1283.47mg (55.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Vitamin C: 66.2mg (80.24%), Fiber: 11.55g (46.19%), Iron: 6.9mg (38.33%), Folate: 116.38µg (29.1%), Vitamin A: 1378.56IU (27.57%), Phosphorus: 260.41mg (26.04%), Manganese: 0.47mg (23.47%), Potassium: 695.16mg (19.86%), Vitamin B6: 0.39mg (19.65%), Vitamin B2: 0.31mg (18.22%), Vitamin B1: 0.27mg (18.13%), Copper: 0.36mg (17.88%), Selenium: 12.5µg (17.86%), Magnesium: 70.11mg (17.53%), Vitamin B3: 3.1mg (15.52%), Vitamin K: 15.57µg (14.83%), Zinc: 1.83mg (12.19%), Calcium: 94.2mg (9.42%), Vitamin E: 0.86mg (5.76%), Vitamin B12: 0.35µg (5.75%), Vitamin B5: 0.5mg (5%)