



Black Bean, Hominy, and Kale Stew



Vegetarian



Gluten Free



Very Healthy

READY IN



32 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce black beans unsalted rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 15 ounce hominy rinsed drained canned
- ☐ 1 jalapeno minced seeded
- ☐ 8 ounce kale packed chopped (4 cups)

- ☐ 6 tablespoons cream sour reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 2 poblano pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded white
- ☐ 8 ounces tomatillos halved (4)
- ☐ 3 cups vegetable stock organic

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

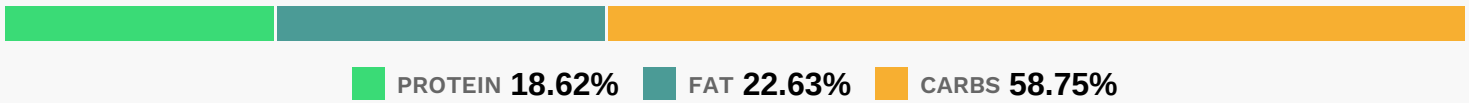
Directions

- ☐ Preheat broiler to high.
- ☐ Place poblano chiles on a foil-lined baking sheet. Broil 7 minutes on each side or until blackened and charred.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes; coarsely chop. Set aside.
- ☐ While poblano chiles roast, place the tomatillos in a food processor, and process until smooth. Set aside.
- ☐ Heat a Dutch oven over medium heat.

- ☐
- Add oil to pan; swirl to coat.

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Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:30.267391165961%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 10.92mg, Isorhamnetin: 10.92mg, Isorhamnetin: 10.92mg, Isorhamnetin: 10.92mg Kaempferol: 17.98mg, Kaempferol: 17.98mg, Kaempferol: 17.98mg, Kaempferol: 17.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg

Nutrients (% of daily need)

Calories: 310.93kcal (15.55%), Fat: 8.08g (12.44%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 31.54g (11.47%), Sugar: 6.91g (7.68%), Cholesterol: 13.62mg (4.54%), Sodium: 1470.32mg (63.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Vitamin K: 158.15µg (150.62%), Vitamin C: 81.98mg (99.38%), Vitamin A: 4453.41IU (89.07%), Fiber: 15.69g (62.75%), Manganese: 0.84mg (42.19%), Folate: 132.19µg (33.05%), Phosphorus: 295.61mg (29.56%), Iron: 4.79mg (26.62%), Calcium: 262.55mg (26.25%), Potassium: 876.93mg (25.06%), Magnesium: 97.63mg (24.41%), Vitamin B2: 0.41mg (24.04%), Vitamin B1: 0.32mg (21.52%), Copper: 0.41mg (20.54%), Vitamin B6: 0.33mg (16.68%), Zinc: 2.34mg (15.62%), Vitamin B3: 2.41mg (12.03%), Selenium: 7.99µg (11.42%), Vitamin E: 1.02mg (6.78%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.15µg (2.5%)