



Black Bean-Pineapple Soup Stew Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chili powder pure (or other , mild chili powder)
- 32 ounce black beans rinsed drained canned
- 15 ounce canned tomatoes diced canned
- 0.3 teaspoon chipotle sauce to taste (or)
- 4 cloves garlic minced pressed
- 1 teaspoon ground cumin
- 1 jalapeno diced stemmed seeded finely
- 1 large onion diced

- 2 teaspoons oregano
- 6 servings pepper black generous
- 1 cup pineapple crushed
- 1 large bell pepper diced red seeded
- 0.5 teaspoon salt to taste (or)
- 2 cups vegetable stock (or water plus bouillon cubes)
- 1 pound to 3 sized squashes yellow

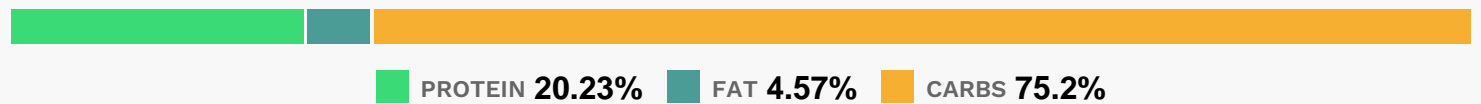
Equipment

- pot

Directions

- Heat a non-stick pot and spray with cooking spray if desired.
- Add the onion and cook, stirring, until golden and beginning to brown (a pinch of baking soda will speed up this process).
- Add the bell pepper and jalapeno and cook until softened, about two minutes.
- Add the garlic, stir briefly, and then add tomatoes, beans, broth, and seasonings (but not squash or pineapple). Bring to a boil, then reduce heat and simmer for 15 minutes. While the beans are cooking, trim the squash and cut into small cubes.
- Add the squash and pineapple, increase the heat a little, and cover. Simmer until squash is just tender. Check seasonings, adding more to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:23.539565107097%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 228.41kcal (11.42%), Fat: 1.25g (1.92%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 31.05g (11.29%), Sugar: 13.61g (15.12%), Cholesterol: 0mg (0%), Sodium: 1208.47mg (52.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin C: 67.44mg (81.74%), Fiber: 15.1g (60.38%), Manganese: 0.79mg (39.66%), Folate: 145.36µg (36.34%), Vitamin A: 1789.28IU (35.79%), Potassium: 1070.02mg (30.57%), Iron: 5.09mg (28.26%), Vitamin B6: 0.56mg (28.23%), Copper: 0.54mg (27.21%), Vitamin B1: 0.38mg (25.28%), Magnesium: 97.67mg (24.42%), Phosphorus: 242.29mg (24.23%), Vitamin B2: 0.39mg (22.65%), Vitamin E: 2.15mg (14.33%), Vitamin B3: 2.83mg (14.13%), Vitamin K: 13.94µg (13.28%), Calcium: 124.94mg (12.49%), Zinc: 1.5mg (9.98%), Vitamin B5: 0.75mg (7.48%), Selenium: 3.47µg (4.96%)