



Black Bean Soup

 **Gluten Free**  **Popular**

READY IN



40 min.

SERVINGS



10

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 slices bacon finely chopped
- 62 ounce black beans rinsed drained canned
- 1.5 cups tomatoes canned chopped
- 10 servings cheddar cheese grated for garnish
- 14.5 ounce chicken broth reduced-sodium canned
- 1 tablespoon chili powder
- 1 bunch cilantro leaves
- 6 garlic clove pressed

- 0.5 juice of lime
- 2 tablespoons catsup
- 10 servings pepper black freshly ground
- 2.5 cups onion chopped
- 10 servings spring onion thinly sliced for garnish
- 10 servings cream sour for garnish
- 2 teaspoons worcestershire sauce

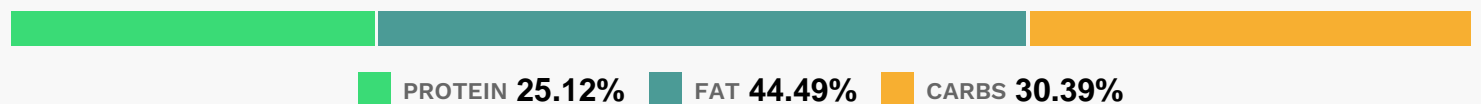
Equipment

- pot

Directions

- Watch how to make this recipe.
- Put the bacon into a large heavy pot and place it over medium heat. Cook until it starts to give up its fat, about 4 minutes. Stir in the onions and cook, stirring, until they start to turn translucent, about 4 minutes. Stir in the garlic and cook until you can smell it, about 1 minute.
- Add the broth, tomatoes, ketchup, Worcestershire, and chili powder. Stir in the beans, turn the heat to high and bring to a boil. Adjust the heat so the soup is bubbling gently and cook 10 minutes. Season with salt and pepper.
- Meanwhile, pick off all the thick stems from the cilantro. Wash it and shake dry. Chop the cilantro coarsely and stir it into the soup when it has been simmering 10 minutes. cook until the soup is thickened, about 5 minutes. Stir in the lime juice.
- Serve with the garnishes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:22.752608630968%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 507.64kcal (25.38%), Fat: 25.33g (38.97%), Saturated Fat: 11g (68.76%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 25.23g (9.17%), Sugar: 4.07g (4.52%), Cholesterol: 72.15mg (24.05%), Sodium: 1329.33mg (57.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.35%), Fiber: 13.7g (54.81%), Phosphorus: 458.99mg (45.9%), Selenium: 23.94µg (34.19%), Folate: 130.69µg (32.67%), Calcium: 326.09mg (32.61%), Manganese: 0.57mg (28.41%), Vitamin B2: 0.48mg (27.97%), Iron: 4.81mg (26.73%), Potassium: 876.66mg (25.05%), Vitamin B1: 0.36mg (24.24%), Zinc: 3.59mg (23.92%), Magnesium: 93.12mg (23.28%), Copper: 0.45mg (22.33%), Vitamin B6: 0.4mg (19.82%), Vitamin K: 19.1µg (18.19%), Vitamin A: 875.01IU (17.5%), Vitamin B3: 3.49mg (17.45%), Vitamin C: 13.8mg (16.73%), Vitamin B12: 0.86µg (14.4%), Vitamin E: 1.16mg (7.72%), Vitamin B5: 0.73mg (7.33%), Vitamin D: 0.31µg (2.06%)