



## Black Bean Soup

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon balsamic vinegar
- 2 bay leaves
- 1 pound black beans picked over rinsed drained
- 1 carrots diced
- 0.3 cup cooking sherry dark dry
- 1 head garlic halved
- 2 teaspoons kosher salt
- 2 tablespoons olive oil extra-virgin

- 1 medium onion diced
- 2 teaspoons oregano dried
- 8 servings pepper freshly ground
- 2 ham hocks smoked (substitute ham or bacon)
- 9 cups water

## Equipment

- bowl
- sauce pan
- pot
- blender
- immersion blender

## Directions

- Put the beans in a large saucepan and cover with cold water by 2-inches. Bring to a boil and cook for 5 minutes.
- Remove from the heat, cover, and set aside for 1 hour.
- Drain, and reserve the beans.
- In a large soup pot heat the oil over medium to medium-high heat.
- Add the onions and carrots, and cook until lightly brown, about 10 minutes. Stick the cloves in the halves of the garlic.
- Add to the pot with the bay leaves, oregano, the beans and hocks.
- Add the water and bring to a full rolling boil. Season with 2 teaspoons salt. Adjust the heat to maintain a simmer, cook until beans and meat are tender, about 1 1/2 hours.
- Pull the pot off the heat and cool slightly.
- Remove the hocks from the soup, set aside to cool.
- Remove the meat from the hocks, discarding the bones, fat and skin.
- Cut the meat into small cubes and reserve. Puree the soup, with an immersion blender or in batches in a blender until smooth.
- Additional water can be added to desired consistency.

- Add the sherry and vinegar and combine well. Return the soup to medium heat and simmer with the reserved meat. Season with additional salt and pepper, to taste. To serve, divide the soup among warmed bowls, and top with one or more of the garnishes, if desired.

## Nutrition Facts

**PROTEIN 26.59%** **FAT 46.98%** **CARBS 26.43%**

### Properties

Glycemic Index:29.48, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:8.5017391857894%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

### Nutrients (% of daily need)

Calories: 267.1kcal (13.36%), Fat: 13.66g (21.01%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 11.59g (4.22%), Sugar: 1.12g (1.24%), Cholesterol: 46.33mg (15.44%), Sodium: 708.57mg (30.81%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 17.39g (34.78%), Vitamin A: 1288.42IU (25.77%), Fiber: 5.7g (22.79%), Folate: 89.97µg (22.49%), Manganese: 0.39mg (19.47%), Iron: 2.24mg (12.46%), Potassium: 429.36mg (12.27%), Magnesium: 47.87mg (11.97%), Vitamin B1: 0.16mg (10.54%), Phosphorus: 93.73mg (9.37%), Copper: 0.19mg (9.29%), Vitamin K: 6.53µg (6.22%), Vitamin B6: 0.12mg (5.96%), Calcium: 53.6mg (5.36%), Zinc: 0.77mg (5.13%), Vitamin E: 0.65mg (4.35%), Vitamin C: 2.58mg (3.13%), Vitamin B2: 0.05mg (2.91%), Vitamin B3: 0.43mg (2.17%), Vitamin B5: 0.21mg (2.05%), Selenium: 1.29µg (1.84%)