



Black Bean Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 60 oz black beans drained and rinsed canned
- 1.5 tablespoons canola oil
- 1 cup carrots diced
- 3 ribs celery thinly sliced
- 1 tablespoon chili powder
- 2 tablespoons cilantro leaves chopped
- 0.5 teaspoon cumin
- 3 cloves garlic minced

- 6 tablespoons greek yogurt low-fat
- 6 cups chicken broth low-sodium
- 1 medium onion diced
- 1 medium bell pepper diced red seeded
- 6 servings salt and pepper

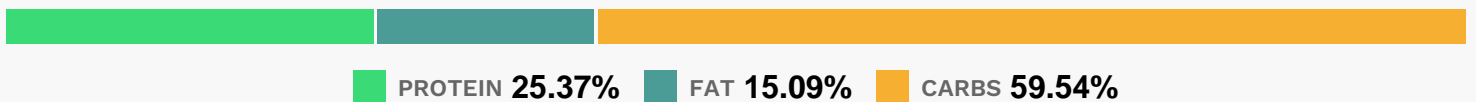
Equipment

- bowl
- sauce pan
- pot
- blender

Directions

- Warm oil in a large saucepan over medium-high heat.
- Add onion, garlic, bell pepper, carrots and celery; cook, stirring occasionally, until softened, about 12 minutes.
- Add chili powder and cumin. Saut for about 3 minutes.
- Stir in broth and beans, then bring to a boil. Reduce heat to low and simmer for 25 minutes, stirring occasionally.
- Remove 2 cups of soup and puree in a blender. Stir pureed soup back into pot and cook 5 minutes longer. Season with salt and pepper.
- Spoon soup into bowls, top with yogurt and cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:29.006956546203%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 368.77kcal (18.44%), Fat: 6.44g (9.9%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 35.44g (12.89%), Sugar: 3.91g (4.35%), Cholesterol: 0.87mg (0.29%), Sodium: 1414.07mg (61.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.71%), Vitamin A: 4701.72IU (94.03%), Fiber: 21.72g (86.89%), Folate: 197.31µg (49.33%), Vitamin C: 36.8mg (44.61%), Phosphorus: 406.91mg (40.69%), Manganese: 0.81mg (40.59%), Potassium: 1300.74mg (37.16%), Iron: 6.48mg (36%), Copper: 0.71mg (35.58%), Vitamin B1: 0.44mg (29.45%), Magnesium: 113.57mg (28.39%), Vitamin B3: 5.65mg (28.27%), Vitamin B2: 0.47mg (27.74%), Vitamin B6: 0.35mg (17.55%), Calcium: 155.73mg (15.57%), Vitamin K: 14.07µg (13.4%), Zinc: 2.01mg (13.39%), Vitamin E: 1.64mg (10.95%), Vitamin B5: 0.74mg (7.36%), Selenium: 4.39µg (6.28%), Vitamin B12: 0.24µg (3.93%)