



Black Bean Soup



Gluten Free



Very Healthy

READY IN



140 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cilantro sprigs for garnish
- ☐ 1 pound black beans dried
- ☐ 0.3 bunch cilantro leaves fresh
- ☐ 4 cloves garlic
- ☐ 1 bell pepper green seeded roughly chopped
- ☐ 2 tablespoons ground cumin
- ☐ 1 jalapeño split
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 6 servings lime wedges for garnish
- ☐ 2 teaspoons lime zest
- ☐ 1.8 quarts chicken stock see low-sodium
- ☐ 6 servings olive oil extra-virgin
- ☐ 2 onions roughly chopped
- ☐ 2 sprigs oregano fresh
- ☐ 1 ham hock smoked
- ☐ 1 cup cup heavy whipping cream sour

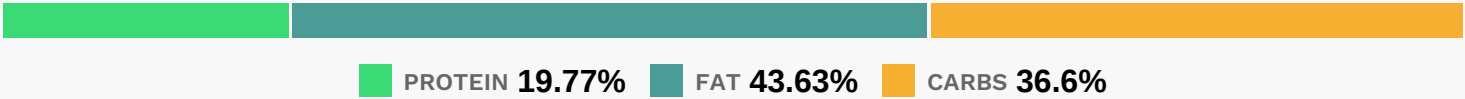
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Pick through the beans and discard any debris – wash under cold running water. In a food processor, add garlic, onion, bell pepper, and cilantro.
- ☐ Set a large pot over medium heat and add a 3-count of olive oil.
- ☐ Add the oregano and cumin.
- ☐ Add vegetable puree and saute until just fragrant, 7 to 10 minutes.
- ☐ Add beans, ham hock, jalapeno, and stock. Slightly cover and simmer for 2 hours until beans are tender.
- ☐ When cooked, remove bay leaves and take out ham hock.
- ☐ Cut ham meat off the bone, cut into pieces and set aside.
- ☐ Using a blender or immersion blender, puree just enough of the beans and stock (about a third of the total pot) to thicken up the soup and bring everything together. Season with salt and pepper and fold ham meat back into the soup.
- ☐ Make the crema by combining sour cream and zest.
- ☐ Serve each soup with a spoonful of lime crema, a squeeze of lime and some fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:28.345652144888%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 626.96kcal (31.35%), Fat: 31.25g (48.08%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 45.63g (16.59%), Sugar: 5.52g (6.13%), Cholesterol: 53.5mg (17.83%), Sodium: 175.83mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Folate: 349.8µg (87.45%), Fiber: 13.36g (53.45%), Manganese: 1.03mg (51.37%), Vitamin B1: 0.74mg (49.05%), Potassium: 1662.04mg (47.49%), Copper: 0.84mg (42.14%), Phosphorus: 407.95mg (40.79%), Magnesium: 151.87mg (37.97%), Iron: 6.72mg (37.35%), Vitamin C: 23.17mg (28.08%), Vitamin B3: 5.61mg (28.04%), Zinc: 3.4mg (22.64%), Vitamin K: 21.09µg (20.08%), Vitamin B6: 0.4mg (19.99%), Calcium: 193.42mg (19.34%), Vitamin B2: 0.32mg (19.04%), Vitamin E: 2.69mg (17.93%), Vitamin B5: 0.91mg (9.06%), Vitamin A: 418.48IU (8.37%), Selenium: 4.46µg (6.38%), Vitamin B12: 0.36µg (5.94%)