



 **38%**  
HEALTH SCORE

## Black Bean Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons olive oil extra virgin
- 2 medium onion yellow roughly chopped
- 4 large garlic clove crushed peeled
- 2 carrots peeled roughly chopped
- 30 ounce black beans drained and rinsed canned
- 4 cups chicken broth low-sodium for vegetarian option (or vegetable broth )
- 0.8 teaspoon oregano
- 1 teaspoon ground coriander

- 1.8 teaspoons ground cumin
- 1 teaspoon ground pepper
- 0.5 teaspoon salt
- 2 tablespoons juice of lime fresh
- 1 cup cream sour
- 1 Handful cilantro leaves fresh chopped

## Equipment

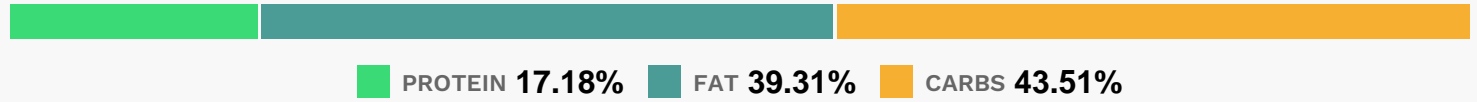
- bowl
- frying pan
- ladle
- pot
- blender
- stove
- kitchen towels
- immersion blender

## Directions

- Heat the olive oil over medium heat in a large soup pan.
- Add the onions, garlic cloves and carrots and cook, stirring occasionally, until onions are soft and translucent, about 8 minutes. Do not brown.
- Add the black beans, chicken broth, oregano, coriander, cumin, cayenne pepper and salt and bring to a boil. Reduce the heat, cover and simmer gently for about 15 minutes.
- Purée the soup using a hand-held immersion blender until very smooth and creamy. (Alternatively, you can use a standard blender to puree the soup in batches; see note.) Stir in the lime juice and season with salt and pepper to taste. Ladle the soup into bowls and top each bowl with a dollop of sour cream and freshly chopped cilantro.
- Note: If using a standard blender, purée the soup in batches, being careful not to fill the jar more than halfway. Be sure to leave the hole in the lid open and loosely cover with a dish towel to allow the heat to escape.

- Pour the blended soup into a clean pot.
- Make-Ahead/Freezing Instructions: The soup will keep nicely in an airtight container in the refrigerator for up to 4 days. It can also be frozen for up to 3 months. Defrost overnight in the refrigerator and then reheat it on the stovetop over medium heat until hot. If the soup is too thick, you can add a little water or broth to thin it to the desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:44.46, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:25.957390930342%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

## Nutrients (% of daily need)

Calories: 455.41kcal (22.77%), Fat: 20.73g (31.89%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 34.45g (12.53%), Sugar: 6.3g (7%), Cholesterol: 33.92mg (11.31%), Sodium: 1222.17mg (53.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.78%), Vitamin A: 5760.2IU (115.2%), Fiber: 17.18g (68.71%), Phosphorus: 385.31mg (38.53%), Folate: 152.36µg (38.09%), Manganese: 0.74mg (37.01%), Potassium: 1170.53mg (33.44%), Iron: 5.74mg (31.88%), Copper: 0.6mg (30.21%), Vitamin B2: 0.47mg (27.77%), Vitamin B3: 5.12mg (25.61%), Magnesium: 99.93mg (24.98%), Vitamin B1: 0.37mg (24.81%), Vitamin C: 16.15mg (19.57%), Calcium: 190.47mg (19.05%), Vitamin B6: 0.33mg (16.69%), Vitamin K: 15.3µg (14.57%), Zinc: 1.88mg (12.5%), Vitamin E: 1.73mg (11.53%), Selenium: 5.88µg (8.4%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.36µg (5.95%)