



Black Bean Soup



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups black beans dried
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 teaspoons monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil

- ☐ 3 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper sauce hot
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups vegetable broth organic
- ☐ 2 cups water

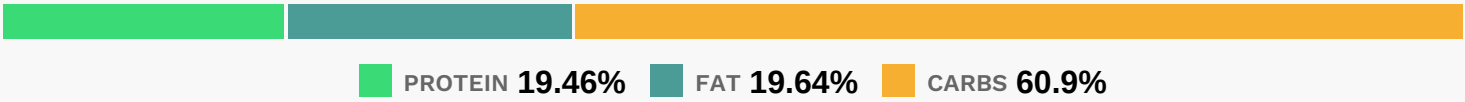
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion and bell pepper; cook 8 minutes or until tender, stirring frequently.
- ☐ Add cumin, oregano, and garlic; saut 1 minute.
- ☐ Add beans, vegetable broth, and water. Bring to a boil; partially cover, reduce heat, and simmer 1 hour and 30 minutes or until beans are tender.
- ☐ Place half of bean mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed soup to pan. Stir in lime juice and next 3 ingredients (through black pepper). Ladle soup into bowls; top evenly with cheese, and if desired, onion, sour cream, and cilantro.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:17.613478264083%

Flavonoids

Petunidin: 6.23mg, Petunidin: 6.23mg, Petunidin: 6.23mg, Petunidin: 6.23mg Delphinidin: 7.48mg, Delphinidin: 7.48mg, Delphinidin: 7.48mg, Delphinidin: 7.48mg Malvidin: 4.29mg, Malvidin: 4.29mg, Malvidin: 4.29mg, Malvidin: 4.29mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.36mg, Quercetin: 16.36mg, Quercetin: 16.36mg, Quercetin: 16.36mg

Nutrients (% of daily need)

Calories: 234.48kcal (11.72%), Fat: 5.31g (8.17%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 28.56g (10.39%), Sugar: 6.14g (6.82%), Cholesterol: 5.85mg (1.95%), Sodium: 576.6mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.67%), Folate: 208.76µg (52.19%), Vitamin C: 40.41mg (48.99%), Fiber: 8.48g (33.91%), Manganese: 0.66mg (32.8%), Vitamin B1: 0.43mg (28.49%), Potassium: 811.98mg (23.2%), Magnesium: 88.3mg (22.07%), Phosphorus: 210.55mg (21.06%), Vitamin A: 1025.98IU (20.52%), Copper: 0.41mg (20.48%), Iron: 3.2mg (17.79%), Vitamin B6: 0.32mg (16.24%), Calcium: 140.76mg (14.08%), Zinc: 1.96mg (13.1%), Vitamin B2: 0.16mg (9.12%), Vitamin K: 7.71µg (7.34%), Vitamin E: 0.95mg (6.37%), Vitamin B3: 1.22mg (6.09%), Vitamin B5: 0.58mg (5.77%), Selenium: 3.03µg (4.33%)