



Black Bean Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 0.3 cup crema mexicana
- ☐ 1 cup black beans dried
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 1 cup cilantro leaves fresh
- ☐ 4 servings cilantro leaves fresh
- ☐ 7 garlic cloves divided minced
- ☐ 0.8 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 large hard-cooked eggs peeled finely chopped
- ☐ 0.5 jalapeno seeded
- ☐ 2.5 tablespoons olive oil extra-virgin divided
- ☐ 0.8 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup no-salt-added tomato paste
- ☐ 2 cups water

Equipment

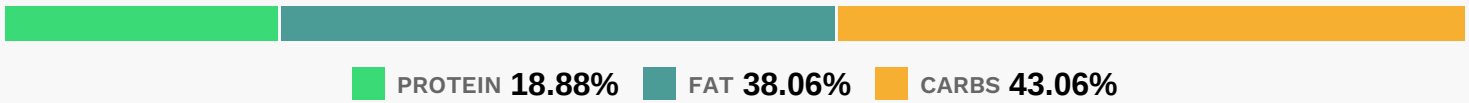
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Sort and wash beans, and place in a large Dutch oven. Cover with water; cover and let stand for 8 hours.
- ☐ Drain beans.
- ☐ Heat 1 1/2 teaspoons oil in a Dutch oven over medium heat.
- ☐ Add onion; cook 4 minutes, stirring often.
- ☐ Add 5 garlic cloves; cook 1 minute. Increase heat to medium-high.
- ☐ Add beans, broth, and next 7 ingredients (through chiles); bring to a boil. Cover, reduce heat, and simmer 1 hour or until beans are tender.
- ☐ Let stand 10 minutes.
- ☐ Place half of bean mixture in a blender.
- ☐ Remove center piece of blender lid; secure blender lid on blender.

- ☐ Place a clean towel over opening in blender lid. Process until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining mixture. Return soup to pan; cook 5 minutes, stirring often.
- ☐ Finely chop 1 cup cilantro and jalapeo.
- ☐ Combine 2 tablespoons oil, 2 garlic cloves, cilantro, jalapeo, and crema. Ladle 1 1/4 cups soup into each of 4 bowls; top each with 2 tablespoons crema.
- ☐ Sprinkle soup with eggs.
- ☐ Garnish with cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:23.872608516527%

Flavonoids

Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 376.57kcal (18.83%), Fat: 16.33g (25.12%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 31.83g (11.57%), Sugar: 5.59g (6.21%), Cholesterol: 147.69mg (49.23%), Sodium: 1378.96mg (59.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.45%), Folate: 260.76µg (65.19%), Fiber: 9.74g (38.96%), Manganese: 0.78mg (38.78%), Vitamin B1: 0.52mg (34.35%), Potassium: 1113.4mg (31.81%), Phosphorus: 289.67mg (28.97%), Copper: 0.56mg (28.15%), Magnesium: 105.86mg (26.47%), Selenium: 18.17µg (25.96%), Iron: 4.67mg (25.94%), Vitamin K: 26.43µg (25.18%), Vitamin C: 20.46mg (24.8%), Vitamin B2: 0.38mg (22.12%), Vitamin B6: 0.4mg (19.89%), Vitamin E: 2.77mg (18.46%), Vitamin A: 916.94IU (18.34%), Zinc: 2.5mg (16.69%), Calcium: 158.71mg (15.87%), Vitamin B3: 2.64mg (13.18%), Vitamin B5: 1.28mg (12.79%), Vitamin B12: 0.7µg (11.67%), Vitamin D: 0.82µg (5.5%)