



Black Bean Soup

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce black beans divided undrained canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 tablespoon chili powder
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano leaves
- ☐ 0.3 teaspoon coarse grind pepper black

- ☐ 6 servings toppings: salsa fresh shredded
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

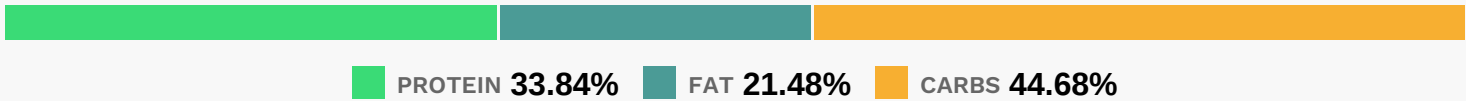
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Process 1 can of beans in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Drain second can of beans.
- ☐ Saut onion and garlic in hot oil in a Dutch oven over medium heat 5 minutes or until tender. Stir in processed beans, drained beans, remaining can of undrained beans, broth, and next 5 ingredients.
- ☐ Bring to a boil; reduce heat, and simmer, stirring often, 15 minutes.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:20.244347799083%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 364.78kcal (18.24%), Fat: 8.79g (13.53%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 24.99g (9.09%), Sugar: 2.12g (2.36%), Cholesterol: 34.26mg (11.42%), Sodium: 1476.98mg (64.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.17g (62.35%), Fiber: 16.18g (64.72%), Phosphorus: 358.35mg (35.83%), Folate: 136.69µg (34.17%), Manganese: 0.63mg (31.66%), Iron: 5.65mg (31.4%), Potassium: 910.23mg (26.01%), Copper: 0.49mg (24.67%), Magnesium: 98.24mg (24.56%), Selenium: 16.26µg (23.23%), Vitamin B1: 0.33mg (21.74%), Vitamin B2: 0.36mg (20.89%), Zinc: 3.05mg (20.35%), Vitamin B6: 0.38mg (18.77%), Vitamin B3: 3.53mg (17.66%), Vitamin A: 686.73IU (13.73%), Vitamin B12: 0.69µg (11.42%), Calcium: 110.49mg (11.05%), Vitamin C: 8.21mg (9.95%), Vitamin K: 9.79µg (9.32%), Vitamin E: 1.35mg (9.01%), Vitamin B5: 0.5mg (5.02%)