



Black Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 45 ounce black beans rinsed drained canned
- ☐ 3 tablespoons carrots chopped
- ☐ 0.5 cup celery diced
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup bell pepper diced green
- ☐ 1.5 teaspoons ground cumin

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion minced
- ☐ 1 teaspoon oregano dried
- ☐ 2 cups vegetable broth
- ☐ 1 cup water

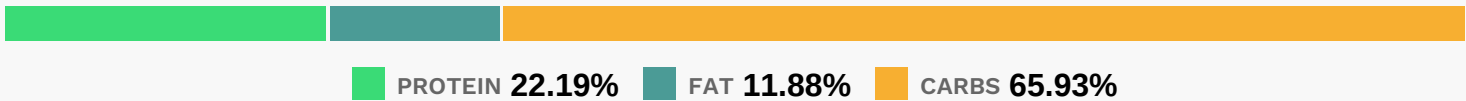
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add celery, minced onion, bell pepper, and carrot. Cook 10 minutes or until tender, stirring occasionally.
- ☐ Add garlic and the next 4 ingredients (through black pepper); saut 3 minutes.
- ☐ Add broth, water, and beans; bring to a boil. Reduce heat, and simmer 15 minutes. Cool slightly.
- ☐ Place half of soup in a blender, and process until smooth.
- ☐ Pour into a bowl. Repeat procedure with remaining soup.
- ☐ Garnish with sliced green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:16.752173942068%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin:
2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 234.75kcal (11.74%), Fat: 3.19g (4.91%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 39.83g (13.28%), Net
Carbohydrates: 24.12g (8.77%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 1151.08mg (50.05%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.81%), Fiber: 15.71g (62.83%), Folate: 138.3µg (34.57%), Vitamin
A: 1600.76IU (32.02%), Manganese: 0.61mg (30.57%), Iron: 4.68mg (26.02%), Phosphorus: 245.54mg (24.55%),
Copper: 0.44mg (22.25%), Potassium: 757.21mg (21.63%), Vitamin B1: 0.32mg (21.43%), Magnesium: 82.29mg
(20.57%), Vitamin B2: 0.28mg (16.34%), Vitamin C: 12.89mg (15.62%), Calcium: 99.01mg (9.9%), Vitamin B6: 0.19mg
(9.64%), Zinc: 1.28mg (8.5%), Vitamin B3: 1.55mg (7.76%), Vitamin K: 7.98µg (7.6%), Vitamin B5: 0.47mg (4.7%),
Selenium: 3.17µg (4.53%), Vitamin E: 0.64mg (4.27%)