



Black Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green drained chopped canned
- ☐ 6 ounces black beans dried
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 large hard-cooked eggs coarsely chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup tomato paste
- ☐ 14 ounce vegetable broth organic canned
- ☐ 2.5 cups water

Equipment

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

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. 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 the olive oil in pan over medium-high heat.
- ☐ Add onion and garlic to pan; saut for 3 minutes or until tender.
- ☐ Add beans, 2 1/2 cups water, oregano, red pepper, cumin, broth, and chiles; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours 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.
- ☐ Pour pureed soup into a bowl. Repeat procedure with remaining soup. Return to pan. Stir in tomato paste and salt; cook 3 minutes or until thoroughly heated. Ladle 1 1/4 cups soup into each of 4 bowls; top each serving with about 1/3 cup chopped eggs.
- ☐ Sprinkle each serving with chopped fresh cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:18.002174045729%

Flavonoids

Petunidin: 6.55mg, Petunidin: 6.55mg, Petunidin: 6.55mg, Petunidin: 6.55mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 4.51mg, Malvidin: 4.51mg, Malvidin: 4.51mg, Malvidin: 4.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 242.96kcal (12.15%), Fat: 5.81g (8.94%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 26.01g (9.46%), Sugar: 4.62g (5.13%), Cholesterol: 139.88mg (46.63%), Sodium: 913.69mg (39.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Folate: 225.24µg (56.31%), Fiber: 8.08g (32.33%), Vitamin B1: 0.43mg (28.52%), Manganese: 0.56mg (27.76%), Potassium: 901.53mg (25.76%), Phosphorus: 236.3mg (23.63%), Copper: 0.46mg (22.77%), Magnesium: 88.47mg (22.12%), Iron: 3.67mg (20.4%), Selenium: 14.05µg (20.07%), Vitamin B2: 0.31mg (18.49%), Vitamin C: 14.37mg (17.41%), Vitamin A: 757.13IU (15.14%), Zinc: 2.13mg (14.21%), Vitamin B6: 0.26mg (13.2%), Calcium: 100.74mg (10.07%), Vitamin B5: 0.97mg (9.73%), Vitamin E: 1.41mg (9.42%), Vitamin B3: 1.58mg (7.91%), Vitamin B12: 0.42µg (6.94%), Vitamin K: 6.68µg (6.36%), Vitamin D: 0.82µg (5.5%)