



HEALTH SCORE

85%

Black Bean Soup with Chipotle Chiles



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon chipotle sauce canned chopped



2 teaspoons coarse kosher salt



16 ounce black beans dried



0.3 cup cilantro leaves fresh chopped



4 garlic cloves minced



1 medium size bell pepper green chopped



4 teaspoons ground cumin



0.3 teaspoon ground pepper black

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup nonfat yogurt plain
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 1 medium size bell pepper red chopped
- ☐ 2 medium size onions red chopped
- ☐ 7 cups water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slow cooker

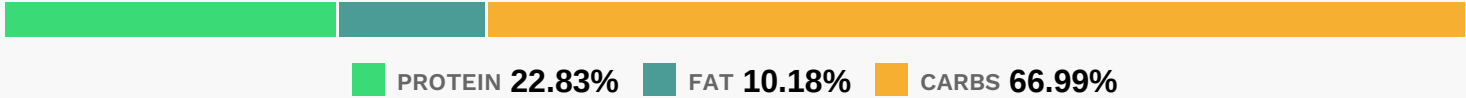
Directions

- ☐ Heat olive oil in large nonstick skillet over medium-high heat.
- ☐ Add onions and both bell peppers and sauté until beginning to brown, about 8 minutes.
- ☐ Add garlic and cumin; stir 1 minute.
- ☐ Transfer mixture to 6-quart slow cooker.
- ☐ Add beans and chipotles, then 7 cups hot water. Cover and cook on high until beans are very tender, about 6 hours.
- ☐ Transfer 2 cups bean mixture to blender; puree until smooth. Return puree to remaining soup in slow cooker. Stir in lime juice, salt, and pepper.
- ☐ Ladle soup into bowls. Spoon dollop of yogurt into each bowl.
- ☐ Sprinkle with tomatoes and cilantro and serve.
- ☐ *Chipotle chiles canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets and many supermarkets.
- ☐ Add richness to slow-cooker soups by using a mixture of half broth and half water instead of only water.

Per serving: calories, 314; total fat, 4 g; saturated fat, 1 g; cholesterol, 1 mg; fiber, 18 g

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:27.947391240493%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg 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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 339.88kcal (16.99%), Fat: 3.97g (6.1%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 44.93g (16.34%), Sugar: 8.43g (9.36%), Cholesterol: 0.82mg (0.27%), Sodium: 831.1mg (36.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.04%), Folate: 362.71µg (90.68%), Vitamin C: 49.52mg (60.03%), Fiber: 13.82g (55.29%), Vitamin B1: 0.76mg (50.69%), Manganese: 1.01mg (50.69%), Potassium: 1444.54mg (41.27%), Magnesium: 156.11mg (39.03%), Copper: 0.75mg (37.53%), Phosphorus: 365.57mg (36.56%), Iron: 5.14mg (28.54%), Zinc: 3.45mg (23.01%), Vitamin B6: 0.43mg (21.68%), Calcium: 214.35mg (21.44%), Vitamin A: 940.22IU (18.8%), Vitamin B2: 0.29mg (16.83%), Vitamin K: 12.2µg (11.62%), Vitamin B5: 1.11mg (11.1%), Vitamin B3: 2.07mg (10.34%), Vitamin E: 1.07mg (7.13%), Selenium: 4.46µg (6.38%), Vitamin B12: 0.25µg (4.15%)