



Black Bean Soup with Crispy Tortillas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans canned
- 2 tablespoons cilantro leaves chopped
- 3 6-inch corn tortillas cut into narrow wedges
- 1 teaspoon ground cumin
- 4 servings kosher salt
- 1 onion cut into 1/4-inch dice
- 4 servings pepper freshly ground
- 4 servings vegetable oil for frying

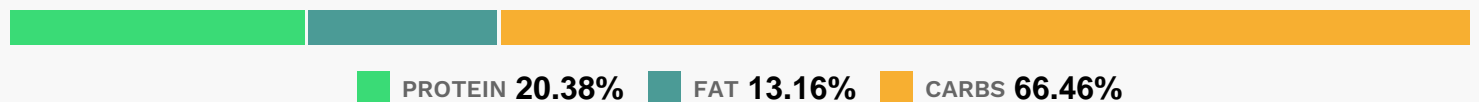
Equipment

- bowl
- paper towels
- sauce pan
- ladle
- pot
- kitchen thermometer
- slotted spoon

Directions

- In a medium saucepan, heat 1/2 inch of vegetable oil over moderately high heat until a deep-fry thermometer registers 35
- Add the tortillas and fry, stirring occasionally, until crisp and lightly golden, about 1 1/2 minutes. Using a slotted spoon, transfer the tortillas to paper towels to drain; season with salt.
- In a medium soup pot, heat 2 tablespoons of the oil used to fry the tortillas.
- Add the onion and cook over moderate heat until softened, about 6 minutes.
- Add the cumin and cook for 1 minute.
- Add the beans and their liquid and 1 1/2 cups of water. Bring to a simmer and cook until slightly thickened, about 15 minutes. Stir in 1 tablespoon of the cilantro and season with salt and pepper. Ladle the soup into bowls and top with a few tortillas.
- Sprinkle with the remaining 1 tablespoon of cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:15.633043605348%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 273.92kcal (13.7%), Fat: 4.12g (6.33%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 30.32g (11.02%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 1021.08mg (44.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Fiber: 16.45g (65.8%), Folate: 136.09µg (34.02%), Manganese: 0.63mg (31.26%), Phosphorus: 301.59mg (30.16%), Iron: 4.68mg (26.03%), Magnesium: 93.27mg (23.32%), Copper: 0.46mg (22.76%), Vitamin B1: 0.33mg (22.14%), Potassium: 742.65mg (21.22%), Vitamin B2: 0.28mg (16.32%), Calcium: 101.89mg (10.19%), Zinc: 1.48mg (9.85%), Vitamin B6: 0.2mg (9.77%), Vitamin C: 7.87mg (9.54%), Vitamin B3: 1.67mg (8.34%), Selenium: 4.12µg (5.89%), Vitamin K: 6.07µg (5.78%), Vitamin B5: 0.45mg (4.49%), Vitamin E: 0.31mg (2.08%)