



Black Bean Soup with Mojo

 **Gluten Free**  **Dairy Free**

READY IN



500 min.

SERVINGS



10

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon pepper red crushed
- 0.3 cup rum dark
- 1 pound black beans dried picked over rinsed
- 0.3 cup cilantro leaves fresh chopped
- 1 head garlic unpeeled halved
- 4 cloves garlic chopped
- 1 teaspoon ground cumin

- 1 teaspoon kosher salt
- 2 tablespoons kosher salt
- 0.5 cup juice of lime freshly squeezed (4 limes)
- 0.3 cup olive oil extra-virgin
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 2 pounds blade pork ribs country-style
- 8 cups water

Equipment

- bowl
- ladle
- blender
- microwave
- slow cooker
- immersion blender

Directions

- Put black beans, pork ribs, water, rum, garlic head halves, onion, salt, bay leaves, oregano, cumin, and crushed red pepper in a slow cooker; cover and cook on LOW until the beans are tender and the meat is falling off the rib bones, about 8 hours.
- Remove the ribs from the soup. Using a handheld immersion blender, partially puree the soup until it is creamy but still has some texture from whole beans. (Or puree half the soup in a blender and stir it back into the slow cooker.) Pull the meat from the rib bones, shredding it into large pieces, and stir it into the soup.
- Put the garlic and olive oil in a small microwave-safe bowl and microwave on HIGH until the garlic is golden, 1 to 2 minutes. Stir in the lime juice, cilantro, and salt and set aside until ready to serve.
- Ladle the soup into warmed bowls and drizzle each serving with some mojo. Pass the remaining mojo.

Nutrition Facts

PROTEIN 20.28% FAT 48.07% CARBS 31.65%

Properties

Glycemic Index:11.4, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:18.791739256486%

Flavonoids

Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg 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: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 403.66kcal (20.18%), Fat: 21.03g (32.35%), Saturated Fat: 5.71g (35.72%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 23.63g (8.59%), Sugar: 1.68g (1.86%), Cholesterol: 50.8mg (16.93%), Sodium: 1696.19mg (73.75%), Alcohol: 2g (100%), Alcohol %: 0.75% (100%), Protein: 19.97g (39.93%), Folate: 205.59µg (51.4%), Vitamin B1: 0.62mg (41.61%), Manganese: 0.61mg (30.62%), Fiber: 7.52g (30.07%), Vitamin B6: 0.54mg (26.77%), Phosphorus: 258.38mg (25.84%), Potassium: 875.1mg (25%), Copper: 0.48mg (24.13%), Magnesium: 93.98mg (23.5%), Selenium: 15.74µg (22.48%), Zinc: 3.34mg (22.26%), Vitamin B3: 3.93mg (19.67%), Iron: 3.22mg (17.91%), Vitamin B2: 0.26mg (15.17%), Vitamin D: 1.46µg (9.74%), Calcium: 85.24mg (8.52%), Vitamin E: 1.28mg (8.51%), Vitamin B5: 0.85mg (8.47%), Vitamin K: 8.78µg (8.36%), Vitamin C: 4.96mg (6.01%), Vitamin B12: 0.24µg (4.02%), Vitamin A: 107.72IU (2.15%)