



WHATSheATE



Black Bean Soup with Roasted Poblano Chiles



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large ancho chili pepper dried seeds removed stemmed
- ☐ 29 ounce black beans drained canned
- ☐ 14.5 ounce canned tomatoes plain diced canned
- ☐ 4 garlic clove crushed peeled
- ☐ 6 servings kosher salt
- ☐ 6 servings lime wedges (for serving)
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 medium onion coarsely chopped

- ☐ 2 poblano pepper
- ☐ 0.5 cup queso fresco crumbled
- ☐ 2 tablespoons pumpkin seeds raw shelled (pepitas)
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Preheat broiler. Broil poblano chiles on a foil-lined baking sheet, turning occasionally, until blackened, 8–10 minutes.
- ☐ Transfer to a bowl, cover with plastic wrap, and let steam 15 minutes. Peel, seed, and finely chop.
- ☐ Meanwhile, toast seeds in a small dry skillet over medium-high heat, tossing occasionally, until golden, about 5 minutes; transfer to a plate. Toast pasilla chile in same skillet until slightly darkened and pliable, about 1 minute; transfer to plate.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion and garlic and cook, stirring occasionally, until onion is soft and golden brown, 8–10 minutes.
- ☐ Transfer to a blender, add tomatoes and pasilla chile, and blend until smooth.
- ☐ Return tomato mixture to saucepan and cook over medium-high heat, stirring often, until thick, 6–8 minutes. Stir in broth; season with salt. Bring to a boil, reduce heat, and simmer until soup is slightly thickened, 10–15 minutes. Stir in black beans and poblano chiles. Cook, stirring occasionally, until warmed through, about 5 minutes.
- ☐ Serve soup topped with queso fresco and pumpkin seeds, and with lime wedges alongside.
- ☐ DO AHEAD: Soup can be made 2 days ahead. Cover and chill.

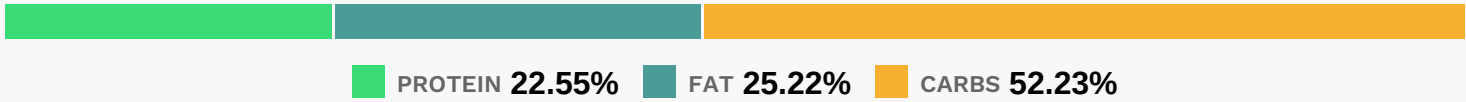
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Per serving: 200 calories, 7 g fat, 10 g fiber

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:22.251739320548%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 278.3kcal (13.92%), Fat: 8.29g (12.76%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 24.94g (9.07%), Sugar: 7.66g (8.51%), Cholesterol: 7.01mg (2.34%), Sodium: 941.77mg (40.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.35%), Vitamin C: 46.06mg (55.83%), Fiber: 13.69g (54.75%), Vitamin A: 1928.2IU (38.56%), Manganese: 0.75mg (37.57%), Phosphorus: 323.11mg (32.31%), Potassium: 1012.5mg (28.93%), Copper: 0.57mg (28.51%), Folate: 105.7µg (26.43%), Iron: 4.71mg (26.15%), Magnesium: 96.91mg (24.23%), Vitamin B3: 4.74mg (23.72%), Vitamin B2: 0.36mg (21.1%), Vitamin B1: 0.3mg (19.78%), Vitamin B6: 0.39mg (19.48%), Vitamin K: 17.5µg (16.67%), Calcium: 151.5mg (15.15%), Zinc: 1.77mg (11.81%), Vitamin E: 1.49mg (9.93%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.27µg (1.83%)