



Black Bean Soup with Sausage

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

READY IN



365 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 oz black beans canned
- 0.5 cup cilantro leaves chopped
- 3 cloves garlic chopped
- 6 oz ground sausage italian hot
- 1 cup chicken broth low-sodium
- 2 teaspoons olive oil
- 1 onion diced
- 16 oz salsa

6 servings salt and pepper

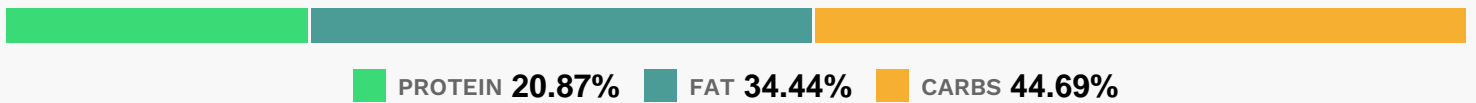
Equipment

- bowl
- frying pan
- slow cooker
- tongs
- cutting board

Directions

- Warm oil in a medium skillet over medium heat.
- Add onion and garlic and cook, stirring frequently, until onion is softened and translucent, about 5 minutes.
- Combine onion mixture, beans (with their liquid), salsa and chicken broth in a slow cooker. Stir well and cook on low for 5 hours.
- Stir sausages into bean mixture in slow cooker and cook for 1 hour longer.
- Using tongs, remove sausages to a cutting board, cut into bite-size pieces and then return to slow cooker. Stir in cilantro and season with salt and pepper.
- Serve soup hot in bowls, with chopped avocado and a dollop of sour cream on top, if desired.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:15.47260862848%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 281.26kcal (14.06%), Fat: 11.05g (17%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 20.42g (7.42%), Sugar: 3.74g (4.15%), Cholesterol: 21.55mg (7.18%), Sodium: 1472.84mg (64.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.15%), Fiber: 11.85g (47.39%), Vitamin B1: 0.4mg (26.99%), Manganese: 0.5mg (24.9%), Folate: 99µg (24.75%), Phosphorus: 242.69mg (24.27%), Potassium: 791.51mg (22.61%), Iron: 3.61mg (20.08%), Copper: 0.39mg (19.39%), Magnesium: 69.53mg (17.38%), Vitamin B6: 0.35mg (17.26%), Vitamin B3: 3.26mg (16.31%), Vitamin B2: 0.27mg (15.77%), Selenium: 9.93µg (14.19%), Zinc: 1.54mg (10.3%), Vitamin C: 8.14mg (9.87%), Vitamin A: 459.21IU (9.18%), Calcium: 87.07mg (8.71%), Vitamin K: 8.21µg (7.82%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.3µg (4.96%)