



Black Bean Soup with Sweet Plantain and Avocado-Cumin Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 1 pound black beans
- ☐ 1 chicken bouillon tablet
- ☐ 8 servings cup heavy whipping cream
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic mashed
- ☐ 0.5 cup bell pepper green chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lime
- ☐ 8 servings beans
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 plantains diced ripe peeled
- ☐ 0.5 cup bell pepper red chopped
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper black
- ☐ 1 scallion chopped
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 0.3 cup tomato purée
- ☐ 12 cups water
- ☐ 0.5 cup onion white chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot

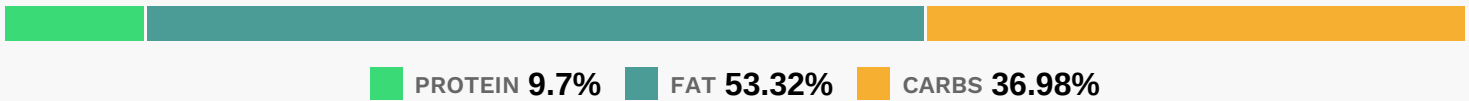
Directions

- ☐ Wash the beans and discard any debris.
- ☐ Place the washed beans in large pot and cover with 10 cups water.
- ☐ Let it sit overnight or for at least 5 hours. In a medium sauce pan, heat the olive oil over medium-high heat. Then add the onion, garlic, scallion, red bell pepper and green pepper.

Cook for 5 to 7 minutes or until onions are translucent.Bring the beans to a boil then add the vegetable mixture, ground cumin, oregano and bouillon tablet. Cover and reduce the heat to low and cook for 1 hour.

- ☐ Add cilantro, tomato puree, salt and black pepper. Cover and cook for another 60 minutes or until the beans are tender.To make the cream: In a food processor, combine all the ingredients and process until smooth consistency.
- ☐ Place the diced plantains on a large skillet with 1 tablespoon vegetable oil and cook until golden.Ladle the beans in a bowl and top with plantains and avocado cream.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:13.897826070371%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 285.03kcal (14.25%), Fat: 17.71g (27.25%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 19.75g (7.18%), Sugar: 6.58g (7.31%), Cholesterol: 25.43mg (8.48%), Sodium: 422.69mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.49%), Vitamin C: 30.13mg (36.53%), Fiber: 7.89g (31.56%), Folate: 122.56µg (30.64%), Vitamin K: 24.08µg (22.94%), Vitamin A: 1062.27IU (21.25%), Manganese: 0.42mg (20.79%), Magnesium: 69.13mg (17.28%), Potassium: 579.57mg (16.56%), Copper: 0.29mg (14.59%), Phosphorus: 135.41mg (13.54%), Vitamin B1: 0.2mg (13.28%), Vitamin B6: 0.26mg (13%), Vitamin E: 1.89mg (12.61%), Iron: 2.12mg (11.76%), Vitamin B2: 0.16mg (9.52%), Vitamin B5: 0.75mg (7.46%), Zinc: 1.09mg (7.28%), Calcium: 69.97mg (7%), Vitamin B3: 1.22mg (6.1%), Selenium: 2.42µg (3.46%), Vitamin D: 0.24µg (1.6%)