



Black Bean Stew with Sherry Creamed Corn

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce black beans drained and rinsed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup chicken stock see low-sodium canned
- ☐ 1 pinch cinnamon
- ☐ 2 cups corn kernels
- ☐ 2 tablespoons medium-dry sherry
- ☐ 2 large garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup heavy cream
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion coarsely chopped
- ☐ 1 pound pork sausage smoked sliced into 1/4-inch rounds
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 small scallions thinly sliced
- ☐ 1 tablespoon tomato paste

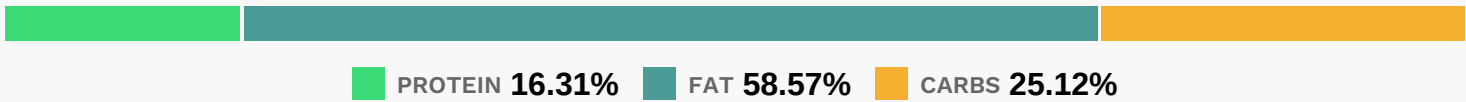
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the olive oil in a large saucepan.
- ☐ Add the onion, garlic, cumin, cayenne and cinnamon, cover and cook over moderate heat, stirring a few times, until the onion softens, about 5 minutes.
- ☐ Add the tomato paste and stir until shiny, about 1 minute.
- ☐ Add the stock, black beans and sausage and bring to a simmer. Cover and cook over low heat for 10 minutes.
- ☐ Meanwhile, in a medium saucepan, simmer the corn in the cream over low heat, stirring occasionally, until thickened, about 10 minutes.
- ☐ Add the sherry and scallions and simmer for 3 minutes longer. Season with salt and pepper.
- ☐ Ladle the stew into bowls, spoon the corn on top and serve.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:28.499130290488%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 868.26kcal (43.41%), Fat: 57.2g (88%), Saturated Fat: 24.64g (154.01%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 37.47g (13.63%), Sugar: 7.33g (8.15%), Cholesterol: 148.88mg (49.63%), Sodium: 1801.44mg (78.32%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 35.85g (71.69%), Fiber: 17.7g (70.82%), Phosphorus: 498.9mg (49.89%), Vitamin B1: 0.69mg (45.66%), Folate: 177.08µg (44.27%), Vitamin B3: 8.59mg (42.93%), Vitamin B2: 0.63mg (36.88%), Potassium: 1287.85mg (36.8%), Manganese: 0.73mg (36.67%), Iron: 6.34mg (35.24%), Copper: 0.6mg (29.94%), Vitamin B6: 0.6mg (29.82%), Magnesium: 116.05mg (29.01%), Zinc: 4.25mg (28.31%), Vitamin A: 1172.8IU (23.46%), Vitamin B12: 1.12µg (18.63%), Vitamin B5: 1.67mg (16.65%), Vitamin D: 2.43µg (16.17%), Vitamin C: 12.83mg (15.55%), Vitamin K: 15.73µg (14.98%), Calcium: 149.44mg (14.94%), Vitamin E: 1.59mg (10.63%), Selenium: 5.76µg (8.23%)