



Black Bean Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



30 ounce black beans rinsed drained canned



14.5 ounce canned tomatoes canned



2 carrots chopped



2 teaspoons chili powder



1 clove garlic minced



1 teaspoon ground cumin



0.3 teaspoon ground pepper black



1 onion chopped

- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups vegetable stock
- ☐ 8.8 ounce kernel corn whole canned

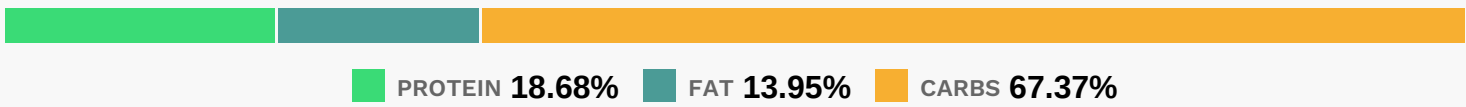
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened.
- ☐ Add chili powder and cumin; cook, stirring, for 1 minute.
- ☐ Add stock, 1 can of the beans, corn, and pepper; bring to boil.
- ☐ Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:13.558695658394%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 171.85kcal (8.59%), Fat: 2.78g (4.27%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 20.96g (7.62%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 1016.37mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Vitamin A: 3064.74IU (61.29%), Fiber: 9.2g (36.79%), Folate: 86.22µg (21.55%), Manganese: 0.43mg (21.49%), Iron: 3.1mg (17.2%), Potassium: 599.39mg (17.13%), Copper: 0.33mg (16.46%), Phosphorus: 156.72mg (15.67%), Vitamin B1: 0.21mg (14.14%), Magnesium: 55.96mg (13.99%), Vitamin C: 10.18mg (12.34%), Vitamin B2: 0.18mg (10.44%), Vitamin B6: 0.19mg (9.47%), Vitamin B3: 1.77mg (8.84%), Vitamin K: 8.57µg (8.16%), Vitamin E: 1.08mg (7.23%), Calcium: 68.43mg (6.84%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.4mg (4.05%), Selenium: 1.95µg (2.78%)