



Boil And Bubble Soup Cauldron



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 qts chicken broth
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons cumin seed
- ☐ 2 cloves garlic minced pressed
- ☐ 45 oz hominy drained canned
- ☐ 2 pounds hubbard squash peeled cut into 1/2-inch cubes
- ☐ 2 pounds turkey sausages italian uncooked
- ☐ 1 tablespoon oil

- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 10 oz peas frozen
- ☐ 10 servings salt and pepper

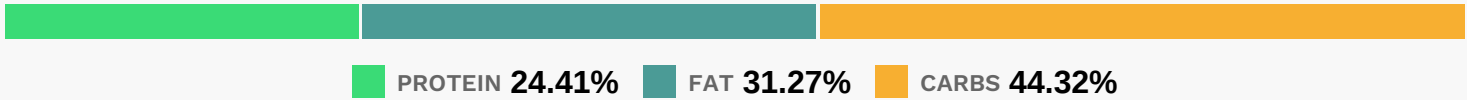
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat oil in an 8- to 10-quart pan over medium-high heat.
- ☐ Add sausages to pan and break into bite-size pieces. Stir occassionally until lightly browned, about 5 minutes.
- ☐ Add onion, red pepper and garlic; saute over high heat until onion is soft, about 5 minutes. Stir in chili powder, cumin seed and oregano.
- ☐ Add broth, cover and bring to a boil over high heat.
- ☐ Add squash to soup. Return to a boil over high-heat.
- ☐ Add squash to soup. Return to a boil. Reduce heat, cover and simmer until squash is tender when pierced, about 15 minutes, stirring occassionally.
- ☐ Add hominy and peas, seperating if necessary. Bring soup to a boil over high heat and boil about 3 minutes.
- ☐ Pour soup into a tureen and ladle into mugs or bowls.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.39, Inflammation Score:-9, Nutrition Score:22.506956473641%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 327.75kcal (16.39%), Fat: 11.65g (17.92%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 27.39g (9.96%), Sugar: 11.78g (13.09%), Cholesterol: 51.87mg (17.29%), Sodium: 2200.13mg (95.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.92%), Iron: 10.92mg (60.69%), Vitamin C: 49.94mg (60.53%), Fiber: 9.76g (39.06%), Selenium: 26.02µg (37.17%), Vitamin A: 1838.65IU (36.77%), Vitamin B6: 0.58mg (29.04%), Manganese: 0.58mg (28.82%), Phosphorus: 278.52mg (27.85%), Zinc: 3.96mg (26.39%), Vitamin B3: 4.97mg (24.87%), Vitamin B2: 0.36mg (21.38%), Magnesium: 76.03mg (19.01%), Potassium: 627.52mg (17.93%), Vitamin B1: 0.26mg (17.2%), Copper: 0.29mg (14.71%), Vitamin B5: 1.35mg (13.55%), Folate: 44.32µg (11.08%), Vitamin K: 11.63µg (11.07%), Calcium: 72.46mg (7.25%), Vitamin B12: 0.43µg (7.13%), Vitamin E: 0.92mg (6.16%)