



Boil and Bubble Soup Cauldron

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons cumin seed
- ☐ 2 quarts fat-skimmed chicken broth
- ☐ 2 cloves garlic minced pressed
- ☐ 45 oz hominy drained canned
- ☐ 2 pounds hubbard squash
- ☐ 2 pounds turkey sausages raw italian
- ☐ 8 oz onion chopped

- ☐ 1 teaspoon oregano leaves dried
- ☐ 10 oz peas frozen
- ☐ 8 oz bell pepper red stemmed seeded chopped
- ☐ 1 tablespoon salad oil
- ☐ 12 servings salt and pepper

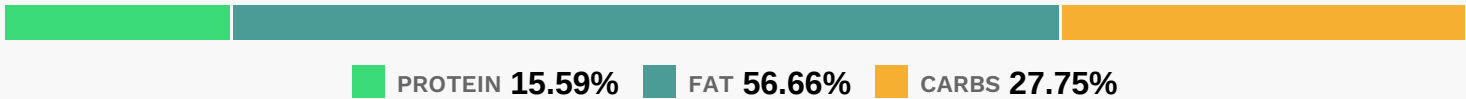
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Place oil in an 8- to 10-quart pan over medium-high heat. Squeeze sausages from casings into pan; discard casings. Break sausage into bite-size chunks. Stir occasionally until lightly browned, about 5 minutes.
- ☐ Add onion, bell pepper, and garlic. Stir over high heat until onion is limp, about 5 minutes.
- ☐ Stir in chili powder, cumin seed, and oregano.
- ☐ Add broth, cover, and bring to a boil over high heat.
- ☐ Meanwhile, peel squash and cut into 1/2-inch cubes.
- ☐ Add to broth. Return to a boil. Reduce heat, cover, and simmer until squash is tender when pierced, about 15 minutes, stirring occasionally.
- ☐ Add hominy. If peas are frozen in a block, whack container against counter to separate, then pour peas into soup. Turn heat to high and bring soup to a 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:14.28, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:19.849130402441%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 420.9kcal (21.05%), Fat: 26.78g (41.2%), Saturated Fat: 8.87g (55.47%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 21.5g (7.82%), Sugar: 8.16g (9.07%), Cholesterol: 57.46mg (19.15%), Sodium: 1777.89mg (77.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.16%), Vitamin C: 45.06mg (54.62%), Vitamin A: 2012.13IU (40.24%), Vitamin B1: 0.58mg (38.89%), Selenium: 26.56µg (37.94%), Fiber: 8.02g (32.08%), Vitamin B6: 0.51mg (25.58%), Vitamin B3: 4.55mg (22.77%), Manganese: 0.45mg (22.65%), Phosphorus: 218.37mg (21.84%), Zinc: 3.03mg (20.18%), Potassium: 638.29mg (18.24%), Vitamin B12: 1µg (16.72%), Iron: 2.95mg (16.39%), Vitamin B2: 0.26mg (15.17%), Magnesium: 58.28mg (14.57%), Folate: 49.05µg (12.26%), Copper: 0.24mg (11.76%), Vitamin B5: 1.16mg (11.59%), Vitamin K: 10.66µg (10.15%), Vitamin E: 1.01mg (6.72%), Calcium: 61.7mg (6.17%)