



## Carib Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2.5 cups black beans dry
- ☐ 6 stalks celery with leaves chopped
- ☐ 8 cups chicken broth
- ☐ 3 cloves garlic chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 teaspoons ground cumin

- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 0.3 cup cooking sherry
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon soya sauce
- ☐ 2 cups water

## Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

## Directions

- ☐ In a medium-size stock pot, add dried black beans and 6 cups of water, cover and let soak overnight.
- ☐ In another large stock pot, heat olive oil and add onion, minced garlic and chopped celery.
- ☐ Saute until vegetables are softened.
- ☐ Drain and rinse soaked black beans.
- ☐ Add pre-soaked beans or drained and rinsed canned beans to vegetable mixture along with 2 cups water and broth. Bring to boil; reduce heat and simmer.
- ☐ Add cayenne pepper and ground cumin. Partially cover the pot and simmer over low heat for 2 to 2 1/2 hours, or until beans are soft.
- ☐ Puree soup in batches in food processor or blender. Return pureed soup to stock pot and simmer.
- ☐ Add vinegar, sherry, soy sauce and pepper.
- ☐ Serve hot with a dollop of sour cream or yogurt and chopped green onions.

## Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:2.46, Inflammation Score:-4, Nutrition Score:6.4634782723759%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 117.8kcal (5.89%), Fat: 5.09g (7.83%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.09g (3.31%), Sugar: 2.43g (2.69%), Cholesterol: 5.96mg (1.99%), Sodium: 687.43mg (29.89%), Alcohol: 0.51g (100%), Alcohol %: 0.22% (100%), Protein: 4.96g (9.91%), Folate: 66.17µg (16.54%), Manganese: 0.33mg (16.46%), Fiber: 3.9g (15.6%), Vitamin K: 12.67µg (12.07%), Vitamin B1: 0.14mg (9.31%), Magnesium: 34.77mg (8.69%), Vitamin B2: 0.15mg (8.54%), Phosphorus: 77.09mg (7.71%), Potassium: 265.93mg (7.6%), Iron: 1.26mg (6.98%), Copper: 0.13mg (6.51%), Vitamin E: 0.69mg (4.59%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.08mg (4.15%), Calcium: 41.36mg (4.14%), Vitamin A: 184.45IU (3.69%), Vitamin B3: 0.71mg (3.57%), Vitamin C: 2.73mg (3.31%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.2mg (2.04%)