



Caribbean Black Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 30 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.5 cup coconut milk
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic head whole minced peeled
- ☐ 1 cup bell pepper diced green
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons jalapeno finely chopped (2 peppers)
- ☐ 2 limes quartered
- ☐ 1 tablespoon olive oil
- ☐ 1 cup bell pepper diced red
- ☐ 2 cups onion red chopped (1 onion)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup no-salt-added tomato paste
- ☐ 4 cups vegetable broth organic divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 3 ingredients (through jalapeo); saut 4 minutes.
- ☐ Add garlic; saut 1 minute. Stir in tomato paste and 1 cup broth.
- ☐ Transfer vegetable mixture to a 5-quart electric slow cooker.
- ☐ Stir in remaining 3 cups broth, thyme, and next 6 ingredients (through black beans). Cover and cook on LOW for 8 hours.
- ☐ Stir in coconut milk. Ladle soup into bowls; top with cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:8.05, Inflammation Score:-9, Nutrition Score:18.079565597617%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 230.46kcal (11.52%), Fat: 5.66g (8.7%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 25.3g (9.2%), Sugar: 5.47g (6.07%), Cholesterol: 0mg (0%), Sodium: 578.52mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin C: 55.82mg (67.66%), Fiber: 11.77g (47.08%), Folate: 183.38µg (45.84%), Manganese: 0.78mg (39.13%), Vitamin A: 1205.54IU (24.11%), Magnesium: 96.38mg (24.09%), Vitamin B1: 0.32mg (21.19%), Iron: 3.68mg (20.43%), Phosphorus: 196.92mg (19.69%), Potassium: 669.27mg (19.12%), Copper: 0.34mg (16.81%), Vitamin B6: 0.28mg (14.01%), Vitamin K: 10.89µg (10.37%), Zinc: 1.52mg (10.15%), Vitamin E: 1.28mg (8.5%), Vitamin B2: 0.12mg (6.98%), Vitamin B3: 1.35mg (6.77%), Calcium: 59.9mg (5.99%), Vitamin B5: 0.48mg (4.8%), Selenium: 2.18µg (3.11%)