



## Chipotle Black Bean Soup

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 46.5 oz goya® black beans divided canned
- ☐ 7 oz chipotle chile canned
- ☐ 1 goya chicken bouillon mixed with 2 cups water,
- ☐ 6 servings chipotle chiles in adobo sauce
- ☐ 2 tablespoons goya extra virgin olive oil
- ☐ 2 tablespoons cilantro leaves fresh roughly chopped
- ☐ 2 teaspoons goya garlic minced finely chopped
- ☐ 0.5 bell pepper green finely chopped

- ☐ 0.5 teaspoon goya ground cumin
- ☐ 0.5 bell pepper red finely chopped
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 small tomatoes finely chopped
- ☐ 0.5 medium onion yellow chopped

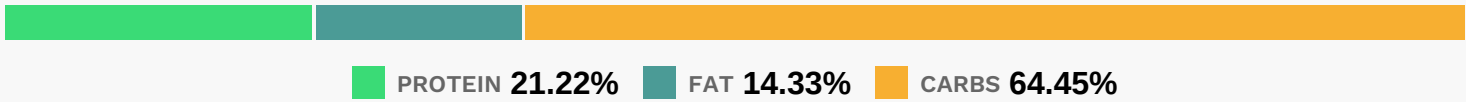
## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

## Directions

- ☐ In bowl of blender, add 1 can black beans, chipotle chile and sauce and 2 cups water. Puree until smooth, about 30 seconds; set aside.
- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add onions and peppers; cook until soft, about 10 minutes.
- ☐ Add garlic and cumin; cook until fragrant, about 30 seconds more.
- ☐ Add chicken bouillon mixture, reserved black bean puree and remaining black beans; bring mixture to a boil; reduce heat to medium low and cook, stirring occasionally, until soup thickens and flavors come together, about 10 minutes.
- ☐ Divide soup evenly among serving bowls. Top with a dollop of sour cream.
- ☐ Sprinkle with tomatoes and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:10.49, Inflammation Score:-9, Nutrition Score:23.151304224263%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 367.26kcal (18.36%), Fat: 6g (9.23%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 60.69g (20.23%), Net Carbohydrates: 37.41g (13.6%), Sugar: 3.73g (4.15%), Cholesterol: 0.05mg (0.02%), Sodium: 5.66mg (0.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.97%), Fiber: 23.28g (93.12%), Folate: 337.07µg (84.27%), Manganese: 1.05mg (52.53%), Magnesium: 159.47mg (39.87%), Vitamin B1: 0.56mg (37.34%), Phosphorus: 320.95mg (32.09%), Iron: 5.72mg (31.8%), Vitamin C: 23.78mg (28.83%), Potassium: 875.42mg (25.01%), Copper: 0.48mg (24.24%), Zinc: 2.56mg (17.07%), Vitamin B6: 0.24mg (11.96%), Vitamin A: 500.31IU (10.01%), Vitamin B2: 0.15mg (8.72%), Vitamin B3: 1.37mg (6.86%), Calcium: 68.22mg (6.82%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.6mg (6.05%), Vitamin K: 5.7µg (5.43%), Selenium: 2.85µg (4.07%)