



## Chochoyones in Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



333 kcal

SOUP

### Ingredients

- 2 teaspoons aniseed
- 1 teaspoon double-acting baking powder
- 2 tablespoons butter softened
- 30 ounce black beans rinsed drained canned
- 1 teaspoon cumin seeds
- 4 cups fat-skimmed beef broth fat-free
- 0.3 cup cilantro leaves fresh minced
- 3 garlic clove minced

- 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 2 teaspoons olive oil
- 2 cups onion chopped
- 0.3 teaspoon salt
- 0.8 cup water boiling
- 3 cups water
- 1 tablespoon citrus champagne vinegar

## Equipment

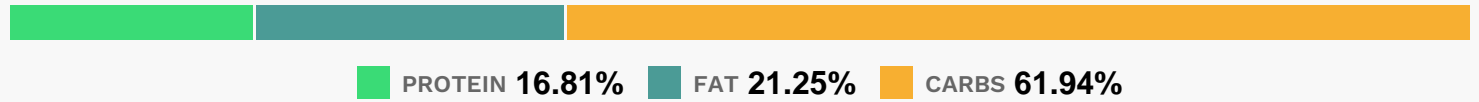
- bowl
- frying pan
- knife
- blender
- measuring cup
- dutch oven

## Directions

- To prepare soup, heat oil in Dutch oven over medium heat.
- Add onion; cook 5 minutes, stirring frequently.
- Add aniseed, cumin, and garlic; cook 2 minutes, stirring constantly. Stir in broth, 3 cups water, 1/4 teaspoon salt, and beans; bring to a boil. Reduce heat to low; simmer 45 minutes.
- Place half of bean mixture in blender; process until smooth.
- Pour pureed mixture into a large bowl. Repeat procedure with remaining bean mixture. Return pureed mixture to pan.
- To prepare dumplings, lightly spoon masa into a dry measuring cup; level with a knife.
- Combine masa, baking powder, and 1/4 teaspoon salt.
- Cut in butter with a pastry blender until mixture resembles coarse meal. Stir in water and cilantro. Divide dough into 10 portions, shaping each into a ball (dust hands with masa to prevent sticking). Make a small indentation in each dumpling. Bring bean mixture to a boil.

Add dumplings. Reduce heat; simmer 10 minutes, stirring frequently. Stir in vinegar.

## Nutrition Facts



### Properties

Glycemic Index:48.2, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:19.710869685463%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

### Nutrients (% of daily need)

Calories: 333.22kcal (16.66%), Fat: 8.12g (12.49%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 53.23g (17.74%), Net Carbohydrates: 38.72g (14.08%), Sugar: 3.02g (3.36%), Cholesterol: 12.04mg (4.01%), Sodium: 1647.32mg (71.62%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Fiber: 14.5g (58.02%), Vitamin B1: 0.63mg (41.75%), Folate: 166.23µg (41.56%), Iron: 6.05mg (33.59%), Manganese: 0.67mg (33.39%), Phosphorus: 298.8mg (29.88%), Vitamin B2: 0.45mg (26.58%), Copper: 0.47mg (23.69%), Magnesium: 94.66mg (23.67%), Vitamin B3: 4.47mg (22.37%), Potassium: 764.56mg (21.84%), Calcium: 179.16mg (17.92%), Vitamin B6: 0.33mg (16.73%), Selenium: 10.1µg (14.43%), Vitamin C: 10.32mg (12.51%), Zinc: 1.58mg (10.56%), Vitamin B5: 0.68mg (6.81%), Vitamin B12: 0.37µg (6.21%), Vitamin A: 258.53IU (5.17%), Vitamin K: 4.14µg (3.95%), Vitamin E: 0.41mg (2.72%)