



Crema de Frisoles con Chorizo (Red Bean Soup with Chorizo)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 oz beans red rinsed drained canned
- ☐ 1 large carrots peeled sliced
- ☐ 4 servings cook chorizo for garnish
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup onion chopped
- ☐ 1 large potatoes diced
- ☐ 4 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 1 teaspoon tomato paste
- ☐ 5 cups vegetable stock

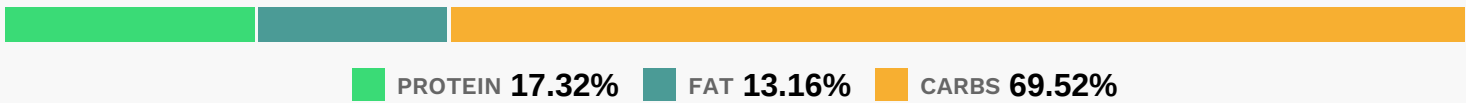
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Heat the olive oil in a medium pot, over medium heat.
- ☐ Add the onions and cook for 2–3 minutes.
- ☐ Add the garlic, scallion, potatoes, carrots and cumin. Season with salt and pepper. Cook for about 5 minutes or until they are golden brown, stirring often.
- ☐ Add the chicken, beef or vegetable stock, beans, tomato paste and stir. Reduce the heat to medium-low an continue cooking for about 20 minutes, stirring occasionally.
- ☐ Transfer the soup to a blender, or use an immersion blender, and puree the soup until smooth.Return the soup to the pot. Cook for about 2 minutes and season to taste.Laddle in bowls and add chorizo and cilantro for garnish.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:106.65, Glycemic Load:25.44, Inflammation Score:-10, Nutrition Score:20.8134781796%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 314.46kcal (15.72%), Fat: 4.74g (7.29%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 56.29g (18.76%), Net Carbohydrates: 41.71g (15.17%), Sugar: 8.97g (9.96%), Cholesterol: 0.63mg (0.21%), Sodium: 1962.74mg (85.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Vitamin A: 3701.23IU (74.02%), Fiber: 14.59g (58.36%), Manganese: 0.85mg (42.73%), Potassium: 1068.25mg (30.52%), Phosphorus: 300.44mg (30.04%), Vitamin C: 23.15mg (28.06%), Vitamin B6: 0.5mg (25.22%), Magnesium: 92.99mg (23.25%), Copper: 0.45mg (22.43%), Vitamin B1: 0.33mg (22.03%), Iron: 3.86mg (21.43%), Vitamin K: 22.01µg (20.97%), Folate: 80.05µg (20.01%), Vitamin B3: 2.33mg (11.65%), Vitamin B2: 0.2mg (11.6%), Zinc: 1.74mg (11.59%), Calcium: 90.4mg (9.04%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.77mg (5.14%), Selenium: 3µg (4.28%)