



Cuban Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

SOUP

Ingredients

- 2 cups avocado diced peeled
- 2 bay leaves
- 1 tablespoon cooking oil
- 10 teaspoon corn kernels unsalted toasted
- 1 pound black beans dried
- 1 cup cilantro leaves fresh chopped
- 3.5 cups bell pepper green chopped (3 medium)
- 1 tablespoon cumin

- 0.3 cup jalapeno seeded finely chopped (2 medium)
- 2 teaspoons kosher salt
- 2 tablespoons juice of lime fresh
- 1.5 cups low sodium shoyu smoked fully cooked chopped
- 2.5 cups onion coarsely chopped
- 2 tablespoons oregano dried
- 2 tablespoons oregano fresh chopped
- 2 cups onion red thinly sliced
- 0.3 cup shallots chopped (2 small)
- 1 cup cream light sour
- 1.5 tablespoons sugar
- 12.5 cups water divided

Equipment

- bowl
- frying pan
- ladle
- blender
- dutch oven

Directions

- Place bay leaves and beans in a Dutch oven.
- Add 12 cups water to pan; bring to a boil. Reduce heat, and simmer 2 1/2 hours or until tender, stirring occasionally.
- Heat oil in a large skillet over medium heat.
- Add bell pepper, chopped onion, and shallots to pan; cook 10 minutes or until onion is tender, stirring frequently. Stir in cumin, dried oregano, and fresh oregano; cook 2 minutes, stirring frequently.
- Remove from heat; let stand 10 minutes.

- Place vegetable mixture in a blender; add remaining 1/2 cup water. Puree until smooth.
- Add vegetable mixture, sugar, and salt to beans; simmer 10 minutes, stirring occasionally. Discard bay leaves.
- Combine avocado and juice; toss gently. Ladle 3/4 cup bean mixture into each of 10 bowls; top each serving with about 3 tablespoons avocado mixture, about 3 tablespoons red onion, 2 tablespoons ham, about 1 1/2 tablespoons cilantro, about 1 1/2 tablespoons sour cream, 1 teaspoon pumpkinseed kernels, and about 1/2 teaspoon jalapeo pepper.
- Serve with lime wedges, if desired.

Nutrition Facts

PROTEIN 17.87% **FAT 28.33%** **CARBS 53.8%**

Properties

Glycemic Index:28.31, Glycemic Load:3.51, Inflammation Score:0, Nutrition Score:25.940434976764%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

Nutrients (% of daily need)

Calories: 347.13kcal (17.36%), Fat: 11.51g (17.7%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 36.35g (13.22%), Sugar: 9.36g (10.4%), Cholesterol: 13.57mg (4.52%), Sodium: 1886.29mg (82.01%), Alcohol: 0g (100%), Protein: 16.33g (32.67%), Folate: 274.24µg (68.56%), Vitamin C: 56.16mg (68.08%), Fiber: 12.83g (51.32%), Manganese: 1.01mg (50.31%), Potassium: 1266.25mg (36.18%), Magnesium: 141.36mg (35.34%), Vitamin B1: 0.53mg (35.2%), Vitamin K: 32.39µg (30.85%), Phosphorus: 302.49mg (30.25%), Copper: 0.6mg (30.2%), Vitamin B6: 0.55mg (27.48%), Iron: 4.6mg (25.54%), Vitamin B2: 0.32mg (18.53%), Zinc: 2.59mg (17.28%), Calcium: 167.66mg (16.77%), Vitamin E: 1.96mg (13.06%), Vitamin B5: 1.25mg (12.45%), Vitamin B3: 2.45mg (12.23%), Vitamin A: 576.41IU (11.53%), Selenium: 3.26µg (4.66%)