



Cuban Black Bean Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups avocado diced peeled
- ☐ 2 bay leaves
- ☐ 1 tablespoon canola oil
- ☐ 10 teaspoon pumpkinseed 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 ground cumin

- ☐ 0.3 cup jalapeno seeded finely chopped (2 medium)
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups 3%-less-sodium 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 heavy whipping 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 16.57% FAT 25.84% CARBS 57.59%

Properties

Glycemic Index:28.31, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:24.017826259136%

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 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: 316.74kcal (15.84%), Fat: 9.58g (14.74%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 35.47g (12.9%), Sugar: 8.48g (9.42%), Cholesterol: 8.05mg (2.68%), Sodium: 531.87mg (23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Vitamin C: 56.16mg (68.08%), Folate: 258.56µg (64.64%), Fiber: 12.56g (50.24%), Manganese: 0.84mg (42.08%), Vitamin B1: 0.52mg (34.48%), Potassium: 1182.06mg (33.77%), Vitamin K: 32.16µg (30.63%), Copper: 0.6mg (30.14%), Magnesium: 115.33mg (28.83%), Phosphorus: 248.47mg (24.85%), Vitamin B6: 0.49mg (24.36%), Iron: 4.16mg (23.08%), Calcium: 166.8mg (16.68%), Zinc: 2.36mg (15.76%), Vitamin B2: 0.22mg (13.11%), Vitamin B3: 2.49mg (12.45%), Vitamin E: 1.78mg (11.9%), Vitamin B5: 1.05mg (10.46%), Vitamin A: 508.56IU (10.17%), Selenium: 2.93µg (4.19%), Vitamin B12: 0.13µg (2.2%)