



Cuban Black Bean Soup



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 1.5 teaspoons chili powder
- ☐ 2 servings corn chips crumbled (garnish)
- ☐ 2 tablespoons cilantro leaves fresh chopped (garnish)
- ☐ 1 to 2 green onions sliced (garnish)
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons juice of lime
- ☐ 0.5 small onion chopped

- ☐ 0.3 cup salsa prepared
- ☐ 1.5 cups vegetable broth

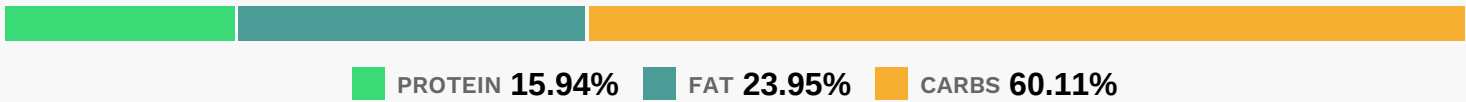
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Add a few splashes of water or vegetable broth to a skillet over high heat.
- ☐ Add the onion and sauté until translucent, about 2 to 3 minutes.
- ☐ Add the chili powder and cumin, and stir to combine. Then add the beans, vegetable broth, and salsa. Bring to a boil, reduce the heat to low, and let the soup simmer for 10 minutes.
- ☐ Remove the soup from the heat and stir in the lime juice.
- ☐ Transfer half of the mixture to a blender and puree until mostly smooth.
- ☐ Mix the puree back in with soup.
- ☐ Garnish each serving with cilantro, green onions, and broken corn chips. You can also drizzle with hot sauce or add cayenne pepper to taste, if desired.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:20.065217370572%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 380.57kcal (19.03%), Fat: 10.5g (16.16%), Saturated Fat: 1.44g (9%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 41.81g (15.2%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 1906.79mg (82.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Fiber: 17.48g (69.93%), Manganese: 0.75mg (37.35%), Folate: 141.55µg (35.39%), Phosphorus: 311.85mg (31.19%), Iron: 5.57mg (30.95%), Magnesium: 108.7mg (27.18%), Potassium: 874.76mg (24.99%), Copper: 0.5mg (24.75%), Vitamin B1: 0.34mg (22.99%), Vitamin A: 1086.4IU (21.73%), Vitamin E: 3.08mg (20.54%), Vitamin B2: 0.32mg (18.56%), Vitamin K: 18.52µg (17.64%), Calcium: 145.56mg (14.56%), Vitamin B6: 0.28mg (14.17%), Vitamin C: 10.1mg (12.24%), Zinc: 1.75mg (11.63%), Vitamin B3: 2.2mg (11%), Selenium: 5.67µg (8.1%), Vitamin B5: 0.66mg (6.61%)