



## Dutch Oven Black Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider dark
- 1 lb black beans dried
- 3 cloves garlic finely chopped
- 1 cup bell pepper green chopped
- 1.5 teaspoons ground cumin
- 1 teaspoon liquid smoke
- 1 cup onion chopped
- 1.5 teaspoons oregano dried

- 1 cup tomatoes chopped
- 3 cups vegetable stock flavored (from 32-oz carton)
- 2 tablespoons vegetable oil
- 3 cups water

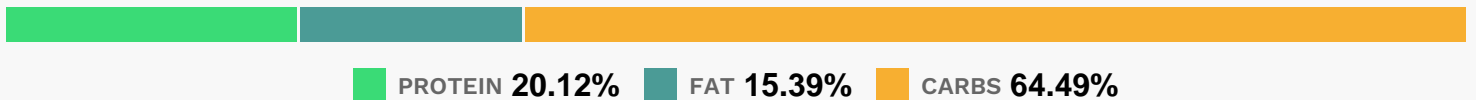
## Equipment

- blender
- dutch oven

## Directions

- Place beans in Dutch oven; add enough cold water to cover beans.
- Heat to boiling. Boil uncovered 2 minutes.
- Remove from heat; cover and let stand 1 hour.
- Drain and reserve beans.
- In same Dutch oven, heat oil over medium heat.
- Add onion and garlic; cook, stirring occasionally, until onion is tender.
- Stir in remaining ingredients.
- Heat to boiling. Boil 2 minutes. Reduce heat to low; cover and simmer about 2 hours or until beans are tender.
- Carefully pour soup into blender. Cover; blend until almost smooth.

## Nutrition Facts



## Properties

Glycemic Index:33.46, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:23.796956663546%

## Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.46mg,

Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

## **Nutrients (% of daily need)**

Calories: 333.8kcal (16.69%), Fat: 5.88g (9.04%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 42.22g (15.35%), Sugar: 5.97g (6.64%), Cholesterol: 0mg (0%), Sodium: 486.21mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.59%), Folate: 348.21µg (87.05%), Fiber: 13.21g (52.83%), Manganese: 0.97mg (48.42%), Vitamin B1: 0.73mg (48.34%), Potassium: 1293.56mg (36.96%), Magnesium: 142.39mg (35.6%), Copper: 0.71mg (35.47%), Vitamin C: 25.95mg (31.45%), Phosphorus: 290.99mg (29.1%), Iron: 4.56mg (25.31%), Zinc: 2.95mg (19.65%), Vitamin K: 19.64µg (18.7%), Vitamin B6: 0.35mg (17.57%), Calcium: 123.78mg (12.38%), Vitamin A: 577.49IU (11.55%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.84mg (9.2%), Vitamin B5: 0.78mg (7.77%), Vitamin E: 0.87mg (5.81%), Selenium: 2.82µg (4.03%)