



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

- ☐ 1 lb black beans dried
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup onion chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 3 cups vegetable stock flavored (from 32-oz carton)
- ☐ 3 cups water
- ☐ 0.3 cup apple cider dark
- ☐ 1 teaspoon liquid smoke

- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup tomatoes chopped

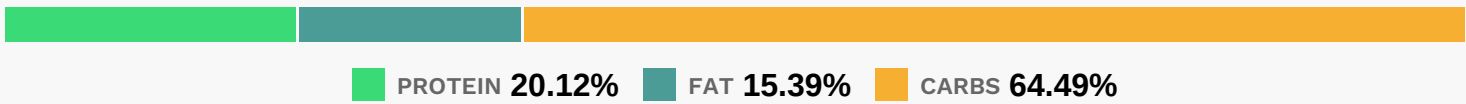
Equipment

- ☐ 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%)