



 **57%**
HEALTH SCORE

Ham and Red Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium leek green washed sliced well
- 4 sprigs thyme leaves
- 1 bay leaves
- 1 teaspoon coriander seeds
- 0.5 teaspoon peppercorns black
- 1 teaspoon cumin seeds
- 1 teaspoon olive oil
- 3 carrots diced peeled

- 2 stalks celery diced
- 2 cloves garlic minced
- 1 teaspoon tomato paste
- 1 pound kidney beans red rinsed
- 1 can chipotle chili powder smoked diced leftover cooked to taste (or you substitute ham Water (approximately 10 cups)
- 10 cups water
- 3 cups finely-chopped ham diced cooked
- 1 teaspoon chipotle chili powder
- 6 servings salt and pepper to taste
- 1 t chili powder diced soft

Equipment

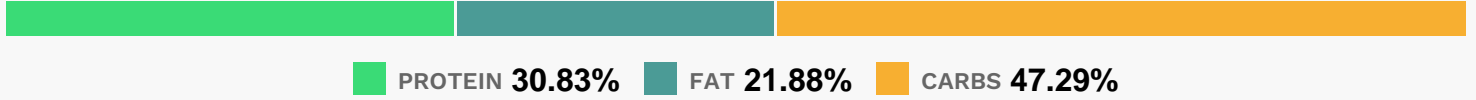
- pot
- cheesecloth
- kitchen twine

Directions

- Take the thyme sprigs and bay leaf, and wrap the reserved green leek top around. Tie with butchers twine to secure.
- Place the coriander seeds, peppercorns, and cumin seeds in the middle of a coffee filter or small piece of cheesecloth, and tie into a bundle using butchers twine. Set aside.
- Heat the olive oil in a large stockpot over medium heat.
- Add leeks, carrots, and celery.
- Saute for 5 minutes or until softened.
- Add garlic and saute for another minute.
- Add tomato paste and saute for another minute.
- Add the beans, ham bone, the herb bundle and the spice bundle, and enough water to cover. Bring to a boil and reduce to a simmer, partially covering. Allow to simmer for 1 hour.

- Add the diced ham and chipotle chile powder and stir in. Allow to simmer until beans are soft and are just beginning to break open, another 1 1/2 to 2 hours. Adjust seasoning to taste.
- Remove ham bone and pull any remaining ham from the bone and return to pot.
- Remove herb bundle and spice bundle, and serve.

Nutrition Facts



Properties

Glycemic Index:49.85, Glycemic Load:6.68, Inflammation Score:-10, Nutrition Score:23.581739130435%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Taste

Sweetness: 34.86%, Saltiness: 100%, Sourness: 38.35%, Bitterness: 61.52%, Savoriness: 40.09%, Fattiness: 34.07%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 236.48kcal (11.82%), Fat: 5.88g (9.05%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 20.39g (7.41%), Sugar: 3.81g (4.24%), Cholesterol: 41.25mg (13.75%), Sodium: 932.68mg (40.55%), Protein: 18.65g (37.31%), Vitamin A: 6232.97IU (124.66%), Manganese: 0.77mg (38.6%), Vitamin K: 37.35µg (35.57%), Folate: 139.89µg (34.97%), Fiber: 8.22g (32.88%), Vitamin B1: 0.48mg (31.91%), Phosphorus: 311.32mg (31.13%), Vitamin C: 23.33mg (28.28%), Iron: 4.41mg (24.48%), Vitamin B6: 0.43mg (21.53%), Potassium: 727.72mg (20.79%), Copper: 0.41mg (20.67%), Selenium: 13.14µg (18.76%), Magnesium: 73.54mg (18.38%), Vitamin B3: 3.15mg (15.76%), Zinc: 2.36mg (15.73%), Vitamin B2: 0.23mg (13.79%), Vitamin B12: 0.8µg (13.28%), Calcium: 93.4mg (9.34%), Vitamin B5: 0.86mg (8.62%), Vitamin E: 1.19mg (7.91%)