



Hearty Black Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium onion yellow finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 serving salt and pepper
- ☐ 0.8 lb pd of ground turkey 80% lean (at least)
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon salt

- ☐ 30 oz black beans undrained canned
- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 4 oz pepper flakes diced green drained canned
- ☐ 1 cup salsa thick
- ☐ 2 tablespoons juice of lime fresh (1 medium lime)
- ☐ 2 teaspoons sauce of the chicken from the turbo broiler
- ☐ 1 avocado diced pitted peeled
- ☐ 1 bunch cilantro leaves fresh finely chopped
- ☐ 1 serving tortilla chips crushed
- ☐ 6 oz greek yogurt plain

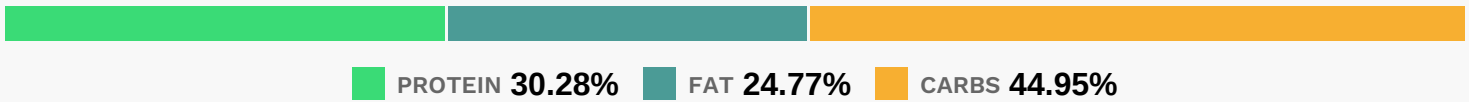
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat.
- ☐ Add onion and garlic; season with salt and pepper. Cook about 5 minutes or until onion is translucent.
- ☐ Add beef; sprinkle with cumin, chili powder and 1/2 teaspoon salt. Cook about 5 minutes or until beef is browned.
- ☐ Add beans, tomatoes, green chiles, salsa and lime juice.
- ☐ Heat to boiling. Reduce heat to simmer. Taste broth; adjust seasoning as necessary and add hot sauce if more spice is desired. Simmer up to 30 minutes, stirring occasionally.
- ☐ While soup is simmering, prepare Toppings.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:37.104782456937%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 531.97kcal (26.6%), Fat: 15.15g (23.31%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 40.26g (14.64%), Sugar: 9.51g (10.57%), Cholesterol: 48.9mg (16.3%), Sodium: 1915.13mg (83.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.68g (83.37%), Fiber: 21.63g (86.52%), Vitamin C: 60.16mg (72.92%), Vitamin B6: 1.35mg (67.6%), Vitamin B3: 11.84mg (59.2%), Phosphorus: 572.82mg (57.28%), Folate: 197.62µg (49.4%), Potassium: 1568.29mg (44.81%), Manganese: 0.81mg (40.56%), Selenium: 27.62µg (39.45%), Iron: 6.79mg (37.71%), Magnesium: 147.5mg (36.87%), Vitamin B2: 0.6mg (35.29%), Copper: 0.68mg (33.97%), Vitamin B1: 0.47mg (31.41%), Vitamin K: 31.92µg (30.4%), Vitamin A: 1392.06IU (27.84%), Zinc: 3.63mg (24.18%), Vitamin B5: 2.32mg (23.22%), Calcium: 209.92mg (20.99%), Vitamin E: 2.9mg (19.33%), Vitamin B12: 0.73µg (12.19%), Vitamin D: 0.34µg (2.27%)