



## Heddy's Black and Red Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce black beans drained and rinsed canned
- 31 ounce beans red drained and rinsed canned
- 14.5 ounce canned tomatoes with liquid crushed canned
- 2 carrots chopped
- 2 stalks celery chopped
- 2 tablespoons chili powder to taste
- 6 cloves garlic chopped
- 1 tablespoon ground cumin

- 0.3 teaspoon ground pepper black
- 2 teaspoons maple syrup
- 1 tablespoon olive oil
- 1 large onion chopped
- 4 cups vegetable broth
- 15 ounce kernel corn whole with liquid canned

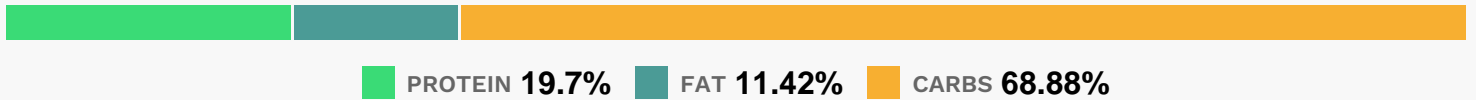
## Equipment

- food processor
- pot
- blender

## Directions

- Heat oil in a large pot over medium-high heat.
- Add the onion, celery, carrots and garlic; cook and stir for a few minutes to release the flavors. Season with maple syrup, cumin, chili powder, and black pepper.
- Pour in the vegetable broth, black beans, 1 can of red beans, and corn. Bring to a boil.
- Meanwhile, combine the remaining can of red beans and crushed tomatoes in the container of a large food processor or blender. Process until smooth.
- Pour into the soup pot, and stir to blend. Reduce heat to medium, and simmer for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.04, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:21.67608681969%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

## Nutrients (% of daily need)

Calories: 294.69kcal (14.73%), Fat: 3.9g (5.99%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 36.99g (13.45%), Sugar: 8.18g (9.08%), Cholesterol: 0mg (0%), Sodium: 1367.85mg (59.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.23%), Vitamin A: 3561.01IU (71.22%), Fiber: 15.88g (63.51%), Manganese: 0.89mg (44.62%), Folate: 126.28µg (31.57%), Phosphorus: 295.96mg (29.6%), Iron: 5.18mg (28.79%), Potassium: 993.67mg (28.39%), Copper: 0.53mg (26.39%), Magnesium: 97.86mg (24.46%), Vitamin B1: 0.35mg (23.2%), Vitamin B2: 0.3mg (17.74%), Vitamin B6: 0.35mg (17.38%), Vitamin C: 12.75mg (15.46%), Vitamin K: 15.59µg (14.85%), Vitamin B3: 2.73mg (13.66%), Vitamin E: 1.84mg (12.25%), Calcium: 120.8mg (12.08%), Zinc: 1.79mg (11.9%), Vitamin B5: 0.6mg (6.03%), Selenium: 3.82µg (5.45%)