



Jamaican Red Beans and Rice Soup

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bacon thin
- 16 ounce beans red rinsed drained canned (such as Bush's)
- 28 ounce fat-skimmed beef broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons walkerswood jamaican jerk seasoning (such as McCormick)
- 8.8 ounce brown rice (such as Uncle Ben's Ready Rice)
- 0.5 cup onion chopped (1 small)

Equipment

- bowl
- sauce pan
- ladle
- plastic wrap
- microwave

Directions

- Cook bacon and onion in a large saucepan over medium heat 2 minutes.
- While bacon mixture cooks, place broth in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 2 minutes.
- Add hot broth and jerk seasoning to bacon mixture. Stir in beans, mashing slightly. Cover; bring to a boil over high heat. Uncover, reduce heat, and simmer 5 minutes. Stir in rice; cover and simmer 3 minutes. Ladle soup evenly into 4 bowls; sprinkle with cilantro.
- Serve Now or Later
- Make this quick soup ahead, and divide it into small, shallow containers with lids to ensure quick cooling in the refrigerator and easy portability. Use within 3 to 4 days after cooking, or freeze for up to 6 months. For safe transporting, pack the soup in an insulated lunch bag with gel packs to help keep it cool.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:6.03, Inflammation Score:-7, Nutrition Score:20.318695587956%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 387.48kcal (19.37%), Fat: 7.1g (10.92%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 58.9g (21.42%), Sugar: 3.85g (4.28%), Cholesterol: 7.26mg (2.42%), Sodium: 1196.79mg (52.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.41%), Manganese: 2.73mg (136.73%), Phosphorus:

374.84mg (37.48%), Fiber: 8.91g (35.64%), Magnesium: 130.26mg (32.57%), Selenium: 22.73µg (32.47%), Vitamin B1: 0.43mg (28.46%), Vitamin B3: 5.44mg (27.18%), Vitamin B6: 0.51mg (25.58%), Copper: 0.4mg (20.09%), Potassium: 569.14mg (16.26%), Iron: 2.89mg (16.06%), Zinc: 2.21mg (14.76%), Vitamin B5: 1.42mg (14.17%), Folate: 48.64µg (12.16%), Vitamin B2: 0.2mg (11.82%), Vitamin K: 10.07µg (9.59%), Vitamin E: 1.23mg (8.19%), Vitamin B12: 0.45µg (7.53%), Vitamin A: 368.45IU (7.37%), Calcium: 64.29mg (6.43%), Vitamin C: 2.66mg (3.23%)