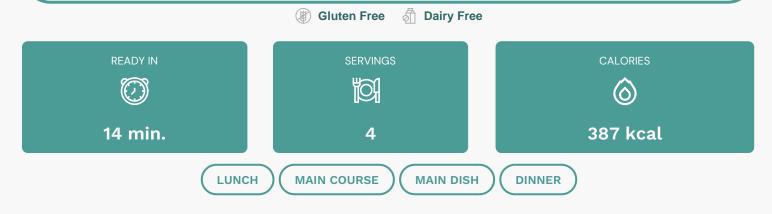


# Jamaican Red Beans and Rice Soup



## **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	
	PROTEIN 14.06% FAT 16.39% CARBS 69.55%	

### **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, Kaempferol: 0.13mg, 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: Og (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%)