



Mexican Ham and Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 chipotle chile dried (or ancho or pasilla chile)
- ☐ 1 pound pinto beans dried
- ☐ 8 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 3 garlic cloves crushed

- ☐ 2 teaspoons ground cumin
- ☐ 8 ounces ham steak smoked cubed
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 2 cups water

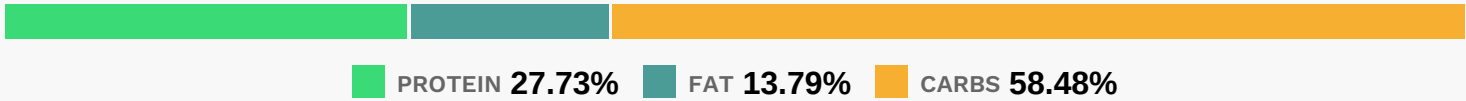
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain.
- ☐ Combine beans, broth, and next 8 ingredients (broth through garlic) in a Dutch oven; bring to a boil. Partially cover; reduce heat to medium-low. Simmer 1 1/2 hours or until beans are tender.
- ☐ Stir in tomatoes and chile; simmer 30 minutes. Discard bay leaves and chile. Ladle soup into 8 bowls. Top with cheese; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:12.42, Inflammation Score:-9, Nutrition Score:24.328695516223%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 303.69kcal (15.18%), Fat: 4.76g (7.33%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 34.08g (12.39%), Sugar: 6.04g (6.72%), Cholesterol: 19.92mg (6.64%), Sodium: 1413.08mg (61.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.1%), Folate: 317.73µg (79.43%), Fiber: 11.37g (45.48%), Manganese: 0.91mg (45.35%), Phosphorus: 392.05mg (39.2%), Copper: 0.76mg (38.11%), Potassium: 1193.25mg (34.09%), Magnesium: 132.89mg (33.22%), Selenium: 22.77µg (32.53%), Vitamin B1: 0.49mg (32.51%), Iron: 5.11mg (28.37%), Vitamin B6: 0.48mg (23.78%), Calcium: 176.26mg (17.63%), Zinc: 2.38mg (15.84%), Vitamin B2: 0.25mg (14.69%), Vitamin C: 11.95mg (14.49%), Vitamin B3: 2.8mg (13.98%), Vitamin K: 13.55µg (12.9%), Vitamin A: 547.03IU (10.94%), Vitamin B5: 0.95mg (9.5%), Vitamin E: 1.3mg (8.69%), Vitamin B12: 0.51µg (8.55%)