



 **18%**
HEALTH SCORE

Negra Modelo Chorizo & Black Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce beer
- 15 ounce black beans drained canned ()
- 30 ounce black beans with juice) canned
- 22 ounce corn drained canned ()
- 3 carrots chopped
- 3 rib celery stalks with leaves chopped
- 2 cups chorizo sausage cut diced
- 1 teaspoon cumin seeds whole

- 1 handful cilantro leaves fresh chopped (leaves and stems)
- 2 teaspoons garlic minced
- 1 medium bell pepper diced green
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper black
- 2 teaspoons juice of lime
- 2 tablespoons olive oil
- 0.3 teaspoon pepper red crushed
- 3 teaspoons sea salt to taste (or)
- 1 medium onion diced sweet
- 2 quarts water

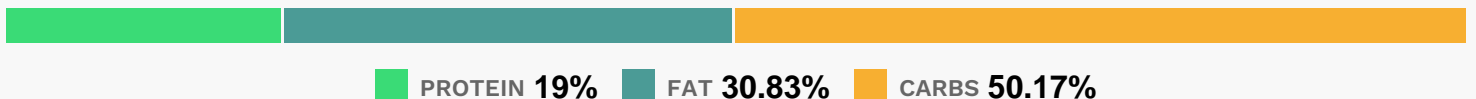
Equipment

- pot

Directions

- Heat 2 tbsp olive oil in a large soup pot over med/high heat.
- Add chorizo and cook until it begins to brown.Lower heat just a touch and stir in onion, garlic and peppers, sauteing just until peppers are tender.
- Add water and beer.Stir in carrots, celery, corn, beans, cilantro and spices.Bring to a boil, then reduce heat and simmer for about an hour.Eat, enjoy, and have plenty for leftovers (its even better the next day)!

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:19.8556520291%

Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 413.26kcal (20.66%), Fat: 13.05g (20.08%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 35.37g (12.86%), Sugar: 3.58g (3.97%), Cholesterol: 41.73mg (13.91%), Sodium: 1651mg (71.78%), Alcohol: 4.98g (100%), Alcohol %: 0.84% (100%), Protein: 18.1g (36.2%), Vitamin A: 4267.48IU (85.35%), Fiber: 12.42g (49.68%), Vitamin C: 32.49mg (39.38%), Folate: 143.62µg (35.91%), Manganese: 0.56mg (27.8%), Phosphorus: 248.29mg (24.83%), Iron: 4.43mg (24.59%), Potassium: 783.61mg (22.39%), Copper: 0.43mg (21.41%), Magnesium: 84.62mg (21.16%), Vitamin B1: 0.29mg (19.13%), Vitamin B2: 0.27mg (15.61%), Vitamin B6: 0.28mg (14.03%), Vitamin B3: 2.65mg (13.24%), Calcium: 105.74mg (10.57%), Zinc: 1.28mg (8.55%), Vitamin K: 8.37µg (7.97%), Vitamin E: 0.79mg (5.28%), Vitamin B5: 0.48mg (4.76%), Selenium: 3.23µg (4.61%)