



Pinto Bean and Sausage Soup

 Gluten Free

READY IN



620 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 28 ounce beef broth canned
- 2 carrots diced
- 2 stalks celery chopped
- 1.5 cups pinto beans dried
- 0.5 cup parsley fresh chopped
- 0.5 teaspoon garlic minced
- 0.8 teaspoon ground pepper black

- 1 onion chopped
- 0.8 teaspoon oregano dried
- 4 potatoes diced
- 0.5 teaspoon salt
- 13 ounce sausage smoked
- 2 cups sacramento tomato juice
- 2 tablespoons sugar white

Equipment

- bowl
- baking sheet
- oven
- pot
- broiler

Directions

- Cover pinto beans with water in a bowl and allow to soak overnight.
- Drain.
- Melt butter in a 6-quart stock pot over medium heat. Cook and stir onion and celery in butter until vegetables are tender, about 5 minutes.
- Stir garlic into onion mixture until fragrant, about 1 minute more.
- Stir beef broth, tomato juice, sugar, and drained pinto beans into the vegetable mixture and bring to a boil; reduce heat to medium-low and simmer until beans are tender, about 1 hour and 15 minutes.
- Mix potatoes, carrots, oregano, salt, and black pepper into the bean soup; simmer until potatoes are tender, about 30 minutes more.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Place smoked sausage on a baking sheet.
- Bake sausage in the preheated oven until browned, about 10 minutes.
- Cut sausage into quarters, then slice.

Add sausage and parsley to the soup; continue to simmer for 10 more minutes.

Nutrition Facts

PROTEIN 17.3% **FAT 32.22%** **CARBS 50.48%**

Properties

Glycemic Index:59.88, Glycemic Load:23.98, Inflammation Score:-10, Nutrition Score:28.248260850492%

Flavonoids

Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 403.36kcal (20.17%), Fat: 14.57g (22.41%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 42.08g (15.3%), Sugar: 8.23g (9.15%), Cholesterol: 36.47mg (12.16%), Sodium: 954.49mg (41.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.19%), Vitamin K: 73.54µg (70.04%), Vitamin A: 3232.21IU (64.64%), Folate: 238.35µg (59.59%), Vitamin C: 41.66mg (50.49%), Potassium: 1353.99mg (38.69%), Fiber: 9.27g (37.08%), Manganese: 0.74mg (37.03%), Vitamin B6: 0.69mg (34.73%), Vitamin B1: 0.52mg (34.42%), Phosphorus: 297.74mg (29.77%), Magnesium: 109.47mg (27.37%), Copper: 0.53mg (26.44%), Selenium: 17.54µg (25.05%), Vitamin B3: 4.48mg (22.38%), Iron: 3.98mg (22.09%), Zinc: 2.32mg (15.48%), Vitamin B2: 0.25mg (14.91%), Vitamin B12: 0.77µg (12.8%), Vitamin B5: 1.08mg (10.79%), Calcium: 91mg (9.1%), Vitamin E: 0.52mg (3.44%), Vitamin D: 0.51µg (3.38%)