



Pumpkin Chorizo and Black Bean Soup



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans canned
- ☐ 15 ounce pumpkin puree canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 chipotle chilis in adobo chopped
- ☐ 0.5 pound chorizo sausage for vegetarian (omit)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 pinch cinnamon
- ☐ 1 teaspoon cumin

- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 6 servings salt and pepper to taste
- ☐ 3 cups vegetable broth

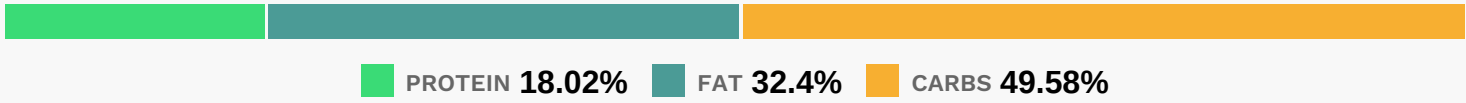
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the chorizo in a large sauce pan over medium-high heat, about 7-10 minutes, breaking it apart as it cooks and set aside.
- ☐ Add the oil and onion, and saute until tender, about 5-7 minutes.
- ☐ Add the garlic, cumin and cinnamon and saute until fragrant, about a minute.
- ☐ Add the chorizo, broth, pumpkin puree, black beans, diced tomatoes and chipotles, bring to a boil, reduce the heat and simmer for 10 minutes. Season with salt and pepper, mix in the lime juice and cilantro and serve with your favourite garnishes such as avocado, sour cream, cheese, etc.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:16.792608592821%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol:

0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 213.43kcal (10.67%), Fat: 8g (12.3%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 18.26g (6.64%), Sugar: 7.64g (8.49%), Cholesterol: 26.67mg (8.89%), Sodium: 1035.38mg (45.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.02%), Vitamin A: 11680.16IU (233.6%), Fiber: 9.28g (37.11%), Vitamin C: 20.9mg (25.33%), Manganese: 0.47mg (23.49%), Iron: 4.15mg (23.08%), Vitamin K: 19.74µg (18.8%), Copper: 0.36mg (17.91%), Potassium: 617.39mg (17.64%), Folate: 65.56µg (16.39%), Magnesium: 59.43mg (14.86%), Vitamin E: 2.04mg (13.61%), Phosphorus: 133.48mg (13.35%), Vitamin B1: 0.18mg (12.22%), Vitamin B6: 0.22mg (11.23%), Vitamin B2: 0.17mg (9.98%), Calcium: 88.02mg (8.8%), Vitamin B3: 1.63mg (8.14%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.76mg (5.1%), Selenium: 1.9µg (2.71%)