



Pumpkin, Kale, and Black Bean Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



10

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups beef broth
- 15 ounce black beans rinsed drained canned
- 16 ounce canned tomatoes diced undrained canned
- 1 pound ham cubed cooked
- 5 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 bunch destemmed lacinato/dinosaur kale chopped
- 2 tablespoons olive oil extra-virgin

- 0.5 teaspoon salt
- 2 tablespoons sherry vinegar
- 1 tablespoon sorrel leaves thinly sliced
- 1 small pumpkin peeled seeded cut into 1/2-inch dice
- 2 onions diced yellow

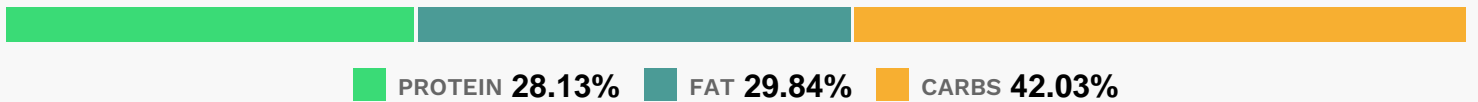
Equipment

- pot
- colander

Directions

- Heat olive oil over medium heat in a soup pot. Cook onion until it begins to soften, about 5 minutes.
- Add garlic and diced pumpkin and cook for another 5 minutes. Stir in the beef broth, tomatoes, salt and pepper. Bring to a boil, then turn heat to low and simmer until vegetables are tender, about 15 minutes.
- While soup is simmering, bring a pot of salted water to a boil.
- Add the kale and simmer until softened, about 3 minutes.
- Drain into a colander.
- After soup has cooked for 15 minutes, add the kale, ham, and black beans; simmer for another 5 minutes. Stir in the sherry vinegar and sorrel; remove pot from the heat.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:7.45, Inflammation Score:-10, Nutrition Score:27.912174141925%

Flavonoids

Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 12.78mg, Kaempferol: 12.78mg, Kaempferol: 12.78mg, Kaempferol: 12.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 209.54kcal (10.48%), Fat: 7.3g (11.23%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 17.09g (6.22%), Sugar: 6.91g (7.68%), Cholesterol: 33.11mg (11.04%), Sodium: 1237.66mg (53.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.97%), Vitamin A: 14411.36IU (288.23%), Vitamin K: 111.33µg (106.03%), Vitamin C: 56.17mg (68.08%), Manganese: 0.64mg (32.08%), Vitamin B1: 0.45mg (29.85%), Potassium: 1041.55mg (29.76%), Phosphorus: 289.29mg (28.93%), Vitamin B2: 0.45mg (26.7%), Fiber: 6.05g (24.2%), Vitamin B3: 4.35mg (21.76%), Copper: 0.42mg (20.98%), Iron: 3.62mg (20.13%), Folate: 80.09µg (20.02%), Vitamin B6: 0.39mg (19.27%), Vitamin E: 2.6mg (17.32%), Selenium: 11.46µg (16.37%), Magnesium: 65.19mg (16.3%), Calcium: 144.87mg (14.49%), Zinc: 1.96mg (13.08%), Vitamin B12: 0.71µg (11.78%), Vitamin B5: 1.09mg (10.88%)