

Quick and Easy Black Bean Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 29 ounce black beans rinsed drained canned
- ☐ 1 pinch cayenne pepper
- ☐ 2 cups chicken broth
- ☐ 2 teaspoons sambal paste red minced or chiles
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onion minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 juice of lime
- ☐ 1 large onion diced
- ☐ 1 pinch oregano dried
- ☐ 4 servings salt to taste
- ☐ 14.5 fluid ounces water

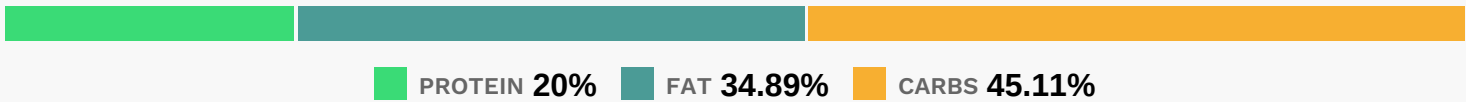
Equipment

- ☐ pot

Directions

- ☐ Place bacon in a cold pot. Turn heat to medium, cook and stir until the bacon is cooked but not crisp.
- ☐ Stir in onion; cook and stir for 5 minutes, until the onion turns translucent and golden.
- ☐ Stir in garlic; cook for 2–3 minutes.
- ☐ Add chicken stock, turn heat to medium–high. Stir in oregano, cayenne and salt.
- ☐ Add black beans and water. Return to a simmer.
- ☐ Simmer on medium–low, stirring occasionally, for 20–30 minutes. While it's cooking, mash about half the beans to thicken the soup.
- ☐ Stir in black pepper and cumin.
- ☐ Add salt to taste.
- ☐ Make the relish by stirring together minced green onion, sambal paste, and lime juice.
- ☐ Serve garnished with relish, chopped green onions, and sour cream.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:18.498260803845%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 357.3kcal (17.87%), Fat: 14.09g (21.68%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 25.73g (9.36%), Sugar: 2.58g (2.87%), Cholesterol: 24.13mg (8.04%), Sodium: 1646.86mg (71.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Fiber: 15.26g (61.03%), Folate: 139.38µg (34.84%), Manganese: 0.68mg (34.22%), Phosphorus: 295.48mg (29.55%), Vitamin B1: 0.44mg (29.03%), Iron: 4.6mg (25.55%), Copper: 0.48mg (24.13%), Potassium: 831.78mg (23.77%), Magnesium: 86.75mg (21.69%), Vitamin B2: 0.37mg (21.58%), Vitamin C: 16.47mg (19.97%), Vitamin K: 18.43µg (17.55%), Vitamin B3: 3.02mg (15.11%), Vitamin B6: 0.3mg (14.85%), Selenium: 10.38µg (14.83%), Zinc: 1.74mg (11.63%), Calcium: 105.59mg (10.56%), Vitamin B5: 0.66mg (6.56%), Vitamin B12: 0.19µg (3.14%), Vitamin A: 149.74IU (2.99%), Vitamin E: 0.3mg (2%)