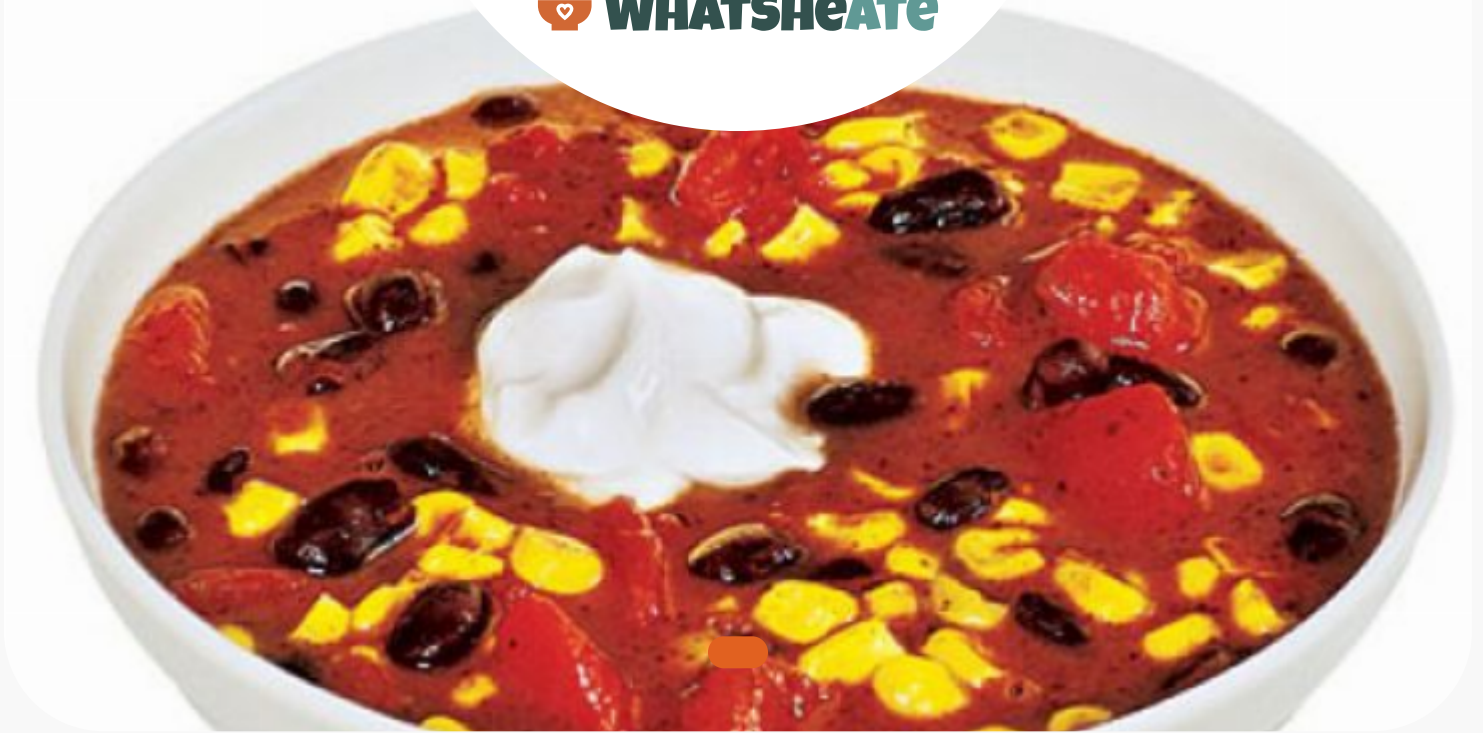




Quick Black Bean and Corn Soup



Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce black beans organic divided rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chile paste (such as sambal oelek)
- ☐ 1 cup corn kernels frozen
- ☐ 0.3 cup yogurt plain 2% greek-style reduced-fat (such as Fage)
- ☐ 1.5 cups lower-sodium chicken broth fat-free
- ☐ 0.4 teaspoon salt

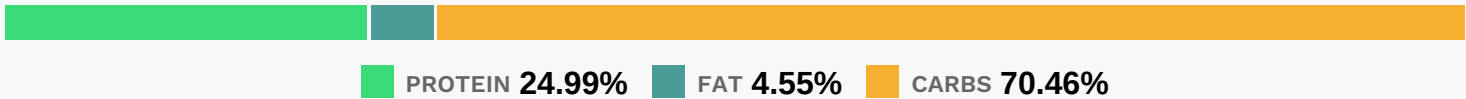
Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium–high heat. Coat pan with cooking spray.
- ☐ Add corn to pan, and saut 4 minutes or until lightly browned, stirring occasionally.
- ☐ Combine 2 cans of beans and broth in a blender; process until smooth.
- ☐ Add bean mixture, remaining can of beans, tomatoes, chile paste, and salt to corn, stirring to combine; bring to a boil. Cover, reduce heat to medium, and simmer 15 minutes, stirring occasionally.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:26.476956600728%

Nutrients (% of daily need)

Calories: 370.02kcal (18.5%), Fat: 1.96g (3.02%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 68.4g (22.8%), Net Carbohydrates: 43.6g (15.85%), Sugar: 7.78g (8.64%), Cholesterol: 0.92mg (0.31%), Sodium: 1838.93mg (79.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.53%), Fiber: 24.8g (99.2%), Folate: 225.16µg (56.29%), Manganese: 0.98mg (48.95%), Potassium: 1568.21mg (44.81%), Phosphorus: 420.32mg (42.03%), Iron: 7.55mg (41.96%), Copper: 0.82mg (41.07%), Vitamin B1: 0.55mg (36.61%), Magnesium: 140.6mg (35.15%), Vitamin B2: 0.51mg (29.9%), Vitamin C: 19.48mg (23.62%), Vitamin B3: 3.72mg (18.62%), Vitamin B6: 0.36mg (17.93%), Calcium: 176.75mg (17.68%), Zinc: 2.27mg (15.16%), Vitamin B5: 1.11mg (11.09%), Vitamin E: 1.34mg (8.91%), Selenium: 5.56µg (7.94%), Vitamin A: 267.93IU (5.36%), Vitamin K: 5.53µg (5.26%), Vitamin B12: 0.09µg (1.43%)