



Quick Black Bean Soup

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans canned
- ☐ 15 ounce canned tomatoes diced with green chile peppers, drained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 30 ounce chicken broth divided canned
- ☐ 3 cups rice hot cooked
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt

☐ 6 tablespoons cup heavy whipping cream sour for topping

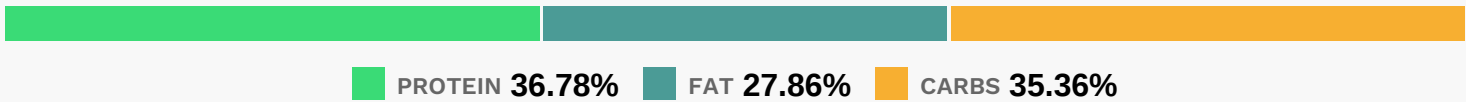
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Drain some of the liquid from 2 cans black beans.
- ☐ Put 2 cans black beans, diced tomatoes with green chile peppers, 1 cup chicken broth, cumin, salt, black pepper, and cayenne pepper into a blender and blend until smooth; pour into a saucepan and add remaining chicken broth and 1 can black beans.
- ☐ Place saucepan over medium heat, bring mixture to a simmer, and cook for 15 minutes.
- ☐ Put 1/2 cup hot rice into each of 6 bowls. Ladle soup over rice and top with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:23.97, Inflammation Score:-5, Nutrition Score:16.427391236243%

Nutrients (% of daily need)

Calories: 475.3kcal (23.77%), Fat: 14.37g (22.11%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 33.33g (12.12%), Sugar: 2.83g (3.15%), Cholesterol: 77.95mg (25.98%), Sodium: 1584.41mg (68.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.37%), Selenium: 33.42µg (47.75%), Phosphorus: 339.77mg (33.98%), Fiber: 7.7g (30.82%), Manganese: 0.6mg (30.06%), Zinc: 4.38mg (29.23%), Vitamin B12: 1.44µg (24.04%), Vitamin B3: 4.2mg (21.01%), Iron: 3.73mg (20.72%), Vitamin B6: 0.39mg (19.59%), Magnesium: 64.95mg (16.24%), Vitamin B2: 0.26mg (15.31%), Potassium: 492.94mg (14.08%), Copper: 0.27mg (13.65%), Vitamin C: 10.63mg (12.88%), Folate: 49.35µg (12.34%), Vitamin B1: 0.12mg (8.08%), Vitamin A: 371.34IU (7.43%), Calcium: 71.17mg (7.12%), Vitamin B5: 0.48mg (4.83%), Vitamin K: 4.08µg (3.89%), Vitamin E: 0.58mg (3.84%)