



Quick Pinto Bean Soup with Chorizo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef stock
- ☐ 30 oz pinto beans canned
- ☐ 1 carrots peeled sliced
- ☐ 2 corn ears cut into small pieces
- ☐ 3 chorizos colombian-style sliced
- ☐ 6 servings cilantro leaves fresh
- ☐ 1 teaspoon ground cumin
- ☐ 1 plantains diced ripe peeled

- ☐ 1 medium potatoes diced peeled
- ☐ 6 servings rice and avocado white for serving
- ☐ 6 servings salt an pepper
- ☐ 0.5 pound yuca frozen cut into pieces

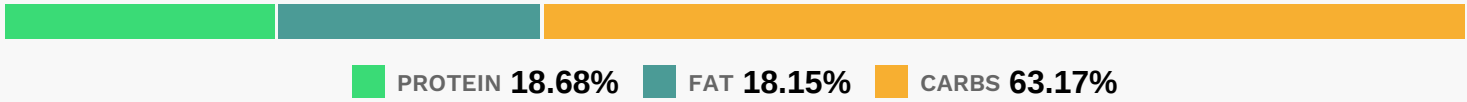
Equipment

- ☐ pot

Directions

- ☐ n a large pot over medium heat, cook the chorizo until browned,about 5 minutes.
- ☐ Add the stock and corn.Bring to a boil.Reduce the heat to medium and cook for 15 minutes, add the beans, carrots, hogao, cumin, potatoes, plantain and yuca.educe the heat to medium-low and cook for about 35 minutes minutes more,
- ☐ Add more stock if the soup is too thick. Season with salt and pepper.dd fresh cilantro and serve with white rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:55.84, Glycemic Load:20.49, Inflammation Score:-9, Nutrition Score:20.018260914346%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 382.32kcal (19.12%), Fat: 7.92g (12.18%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 62.04g (20.68%), Net Carbohydrates: 52.61g (19.13%), Sugar: 11.25g (12.5%), Cholesterol: 33.16mg (11.05%), Sodium: 1070.13mg (46.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.68%), Vitamin A: 2345.1IU (46.9%), Vitamin C: 32.48mg (39.37%), Manganese: 0.78mg (38.98%), Potassium: 1353.61mg (38.67%), Fiber: 9.42g (37.7%), Phosphorus: 277.92mg (27.79%), Magnesium: 104.24mg (26.06%), Vitamin B6: 0.49mg (24.61%), Copper: 0.47mg (23.7%), Iron: 4.21mg (23.37%), Vitamin B3: 4.03mg (20.17%), Vitamin B1: 0.29mg (19.25%), Folate: 75.98µg (18.99%),

Vitamin B2: 0.32mg (18.67%), Vitamin K: 14.96µg (14.25%), Calcium: 114.02mg (11.4%), Zinc: 1.68mg (11.2%), Vitamin B5: 0.68mg (6.81%), Vitamin E: 1.01mg (6.73%), Selenium: 4.06µg (5.8%)