



Red Bean Soup with Beef and Pumpkin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound beef cut into small pieces
- ☐ 1 large carrots grated peeled
- ☐ 10 servings cilantro leaves fresh
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup aliños sauce
- ☐ 1 plantains diced ripe peeled
- ☐ 1 cup pumpkin diced peeled
- ☐ 1 pound beans dried red

- ☐ 10 servings salt and pepper
- ☐ 12 cups water (more if necessary)
- ☐ 0.5 pound yuca diced

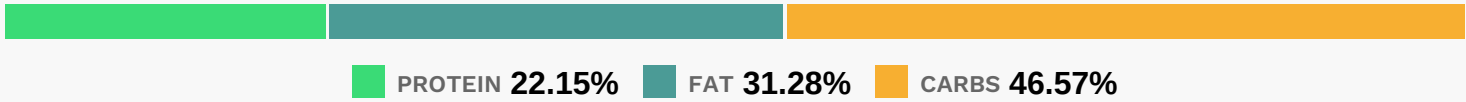
Equipment

- ☐ pot

Directions

- ☐ Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and place in a large pot and add the water, aliños, carrots and beef. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours. When the beans are almost tender, add the hogao, plantains, yuca, butternut squash, cumin, salt and pepper. Cover and cook for another 45 minutes or until the beans are fully cooked. (
- ☐ Add additional water as necessary).
- ☐ Add chopped fresh cilantro and serve with plain white rice.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:13, Inflammation Score:-9, Nutrition Score:22.12260881455%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 408.26kcal (20.41%), Fat: 14.3g (22%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 39.8g (14.47%), Sugar: 7.86g (8.73%), Cholesterol: 48.31mg (16.1%), Sodium: 410.77mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.59%), Vitamin A: 2905.54IU (58.11%), Folate: 198.77µg (49.69%), Manganese: 0.67mg (33.49%), Fiber: 8.11g (32.45%), Phosphorus: 311.7mg (31.17%), Potassium:

1025.23mg (29.29%), Zinc: 4.3mg (28.65%), Iron: 4.77mg (26.5%), Vitamin B6: 0.5mg (24.78%), Vitamin B12: 1.46µg (24.27%), Vitamin B1: 0.36mg (23.73%), Magnesium: 94.6mg (23.65%), Copper: 0.46mg (22.77%), Vitamin B3: 4.4mg (21.98%), Selenium: 12.17µg (17.39%), Vitamin C: 13.41mg (16.26%), Vitamin B2: 0.23mg (13.56%), Vitamin K: 10.78µg (10.26%), Vitamin B5: 0.85mg (8.5%), Calcium: 73.72mg (7.37%), Vitamin E: 0.68mg (4.5%)