



Red Chili Vegetable Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound carrots peeled
- ☐ 1.5 tablespoons california chilies dried
- ☐ 6 servings corn tortilla strips crisp
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 clove garlic minced pressed
- ☐ 0.5 pound green beans ends trimmed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup nonfat sour reduced-fat

- ☐ 0.5 lb onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 pound thin-skinned potatoes scrubbed
- ☐ 6 servings salt and pepper
- ☐ 1.5 quarts vegetable broth

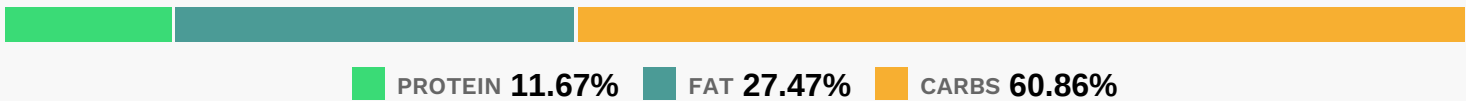
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 4- to 5-quart pan over medium-high heat, combine 1/4 cup broth, onion, and garlic. Cover and stir occasionally until onion is limp, 5 to 6 minutes.
- ☐ Add chili, cumin, and oregano; stir about 30 seconds.
- ☐ Add remaining broth, cover, and bring to boiling over high heat.
- ☐ Meanwhile, cut carrots diagonally into about 1/4-inch-thick slices.
- ☐ Cut potatoes into 1/2-inch cubes.
- ☐ Cut beans into 2-inch lengths.
- ☐ Add carrots and potatoes to pan; cover. When boiling, reduce heat to medium-low and simmer 10 minutes.
- ☐ Turn heat to high, uncover, add beans, and when boiling, reduce heat to medium-low. Simmer until vegetables are tender to bite, 5 to 7 minutes.
- ☐ Ladle into bowls.
- ☐ Add cheese, sour cream, tortilla strips, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:13.057826051246%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 136.37kcal (6.82%), Fat: 4.37g (6.72%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 18.25g (6.63%), Sugar: 7.38g (8.2%), Cholesterol: 14.13mg (4.71%), Sodium: 1292.03mg (56.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Vitamin A: 7221.64IU (144.43%), Vitamin K: 24.32µg (23.16%), Vitamin C: 18.62mg (22.57%), Vitamin B6: 0.28mg (14.09%), Potassium: 492.89mg (14.08%), Fiber: 3.52g (14.08%), Manganese: 0.27mg (13.49%), Calcium: 112.81mg (11.28%), Vitamin B2: 0.18mg (10.69%), Phosphorus: 106.76mg (10.68%), Folate: 39.71µg (9.93%), Vitamin B1: 0.13mg (8.63%), Magnesium: 31.63mg (7.91%), Vitamin B3: 1.29mg (6.44%), Iron: 1.15mg (6.37%), Copper: 0.12mg (6.16%), Zinc: 0.73mg (4.9%), Vitamin B5: 0.43mg (4.33%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.22µg (3.69%), Vitamin E: 0.55mg (3.67%)