



Sassy Sausage and Black Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces beef sausage
- ☐ 10.5 ounce condensed beef broth canned
- ☐ 15 ounce black beans undrained canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 onion chopped
- ☐ 0.5 cup chunky salsa

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

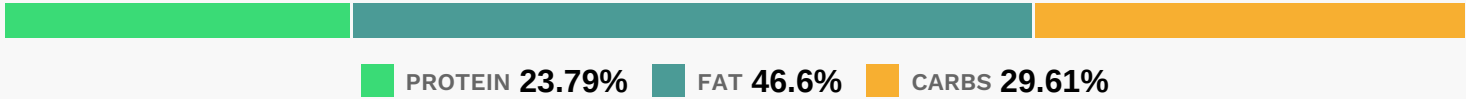
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a large saucepan over medium heat, combine the oil, onions and garlic.
- ☐ Saute for 8 minutes, or until tender.
- ☐ Add the beans, tomatoes with liquid, broth, salsa and water. Bring to a boil over high heat.
- ☐ Cut sausage into 1/2 inch slices and stir into soup. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Ladle soup into bowls and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:17.303478352402%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 323.05kcal (16.15%), Fat: 17.02g (26.18%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 16.01g (5.82%), Sugar: 5.56g (6.18%), Cholesterol: 48.31mg (16.1%), Sodium: 875.36mg (38.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.55g (39.09%), Fiber: 8.32g (33.28%), Vitamin B3: 5.21mg (26.03%), Phosphorus: 250.32mg (25.03%), Vitamin B12: 1.5µg (24.96%), Zinc: 3.63mg (24.23%), Vitamin B6: 0.48mg (24.2%), Iron: 4.3mg (23.87%), Potassium: 826.87mg (23.62%), Manganese: 0.44mg (22.13%), Copper: 0.39mg (19.5%), Folate: 74.27µg (18.57%), Selenium: 12.74µg (18.2%), Magnesium: 65.81mg (16.45%), Vitamin B2: 0.27mg (16.17%), Vitamin B1: 0.23mg (15.56%), Vitamin C: 12.57mg (15.24%), Vitamin K: 14.26µg (13.59%), Vitamin E:

1.87mg (12.48%), Calcium: 89.3mg (8.93%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 359.49IU (7.19%)