



## Slow-Cooker Black-Bean Soup with Turkey

 Dairy Free  Very Healthy

READY IN



375 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons pickling spice
- 3 medium carrots cut into large chunks
- 1 tablespoon flour all-purpose
- 0.5 cup cilantro leaves fresh chopped
- 4 cloves garlic smashed
- 6 servings kosher salt and pepper freshly ground
- 1 pound turtle beans dried black picked over rinsed drained
- 2 tablespoons olive oil extra-virgin

- 2 onions red halved
- 0.8 teaspoon pepper flakes red
- 1.8 pounds turkey drumstick smoked

## Equipment

- bowl
- frying pan
- ladle
- slow cooker
- immersion blender

## Directions

- Set aside half an onion and chop the rest.
- Heat the olive oil in a large skillet over medium-high heat.
- Add the chopped onions, carrots and garlic; sprinkle with the flour and cook, stirring, until slightly browned, 5 minutes.
- Add 2 tablespoons water and scrape up any browned bits from the pan.
- Transfer the vegetables and cooking liquid to a slow cooker.
- Add the beans, turkey drumstick, pickling-spice packet, red pepper flakes and 8 cups water. Cover and cook on low 6 hours.
- Remove the drumstick and shred the meat; keep warm.
- Remove about 2 cups beans from the cooker and blend until smooth (or partially blend with an immersion blender). Return the beans and turkey meat to the soup. Season with salt and pepper.
- Mince the reserved 1/2 onion. Ladle the soup into bowls and top with the cilantro and minced onion.
- Garnish with sour cream and lime, if desired.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 35.14% ■ FAT 40.62% ■ CARBS 24.24%

## Properties

Glycemic Index:39.97, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:23.111739220827%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

## Nutrients (% of daily need)

Calories: 275.37kcal (13.77%), Fat: 12.58g (19.36%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 11.99g (4.36%), Sugar: 3.25g (3.62%), Cholesterol: 77.96mg (25.99%), Sodium: 308.5mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.99%), Vitamin A: 5347.48IU (106.95%), Selenium: 30.2µg (43.14%), Vitamin K: 42.06µg (40.06%), Folate: 114.27µg (28.57%), Vitamin B6: 0.54mg (27.17%), Iron: 4.89mg (27.16%), Zinc: 4.01mg (26.76%), Vitamin C: 21.49mg (26.05%), Phosphorus: 257.49mg (25.75%), Manganese: 0.41mg (20.67%), Potassium: 692.28mg (19.78%), Vitamin B3: 3.94mg (19.69%), Fiber: 4.91g (19.62%), Vitamin B2: 0.3mg (17.54%), Magnesium: 65.61mg (16.4%), Calcium: 155.59mg (15.56%), Copper: 0.28mg (14.08%), Vitamin B5: 1.4mg (13.98%), Vitamin E: 1.91mg (12.74%), Vitamin B1: 0.15mg (9.71%), Vitamin B12: 0.43µg (7.14%)