



Slow-Cooker Southwest Beef and Bean Soup

 Gluten Free

READY IN



440 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 15.5 oz beans red rinsed drained canned
- 15 oz pinto beans rinsed drained canned
- 15 oz canned tomatoes crushed undrained canned
- 4 oz chilis green chopped canned
- 1 cup salsa thick
- 1.5 cups chicken broth (from 32-oz carton)

- 1.5 cups corn frozen thawed (from 12-oz bag)
- 0.8 cup onion yellow chopped
- 1 teaspoon garlic dried minced
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 serving cheddar cheese shredded
- 1 serving avocado chopped
- 1 serving tortilla chips

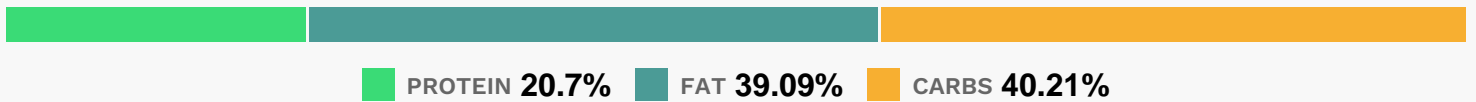
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, mix beef and remaining ingredients except toppings.
- Cover; cook on Low heat setting 7 to 9 hours.
- Garnish individual servings with toppings.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:6.79, Inflammation Score:-7, Nutrition Score:18.833043564921%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.75mg,

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 360.51kcal (18.03%), Fat: 16.28g (25.04%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 27.6g (10.04%), Sugar: 6.76g (7.51%), Cholesterol: 44.89mg (14.96%), Sodium: 1294.69mg (56.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Fiber: 10.07g (40.29%), Manganese: 0.6mg (29.76%), Phosphorus: 292.01mg (29.2%), Vitamin B6: 0.54mg (27.06%), Potassium: 895.05mg (25.57%), Zinc: 3.78mg (25.21%), Vitamin B3: 4.8mg (24%), Iron: 4.26mg (23.66%), Vitamin B12: 1.26µg (21.03%), Vitamin C: 17.35mg (21.03%), Magnesium: 79.66mg (19.91%), Copper: 0.38mg (19.01%), Folate: 73.63µg (18.41%), Selenium: 11.62µg (16.6%), Vitamin B2: 0.26mg (15.58%), Vitamin B1: 0.23mg (15.14%), Vitamin E: 2.04mg (13.61%), Vitamin A: 679.61IU (13.59%), Calcium: 122.51mg (12.25%), Vitamin K: 12.28µg (11.7%), Vitamin B5: 1mg (10.02%)