



Slow-Cooker Southwest Beef and Bean Soup

 Gluten Free

READY IN



440 min.

SERVINGS



8

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings avocado chopped
- 9 oz chilis green chopped old el paso® canned
- 15 oz pinto beans rinsed drained canned
- 15.5 oz beans red rinsed drained canned
- 15 oz canned tomatoes crushed undrained canned
- 1.5 cups chicken broth progresso® (from 32-oz carton)
- 1.5 cups regular corn fresh green frozen thawed giant® steamers® niblets® (from 12-oz bag)
- 1 teaspoon garlic dried minced

- 1 lb ground beef 80% lean (at least)
- 0.5 teaspoon pepper
- 1 cup salsa thick old el paso®
- 0.5 teaspoon salt
- 8 servings cheddar cheese shredded
- 1 oz taco seasoning old el paso®
- 8 servings tortilla chips
- 0.8 cup onion yellow chopped

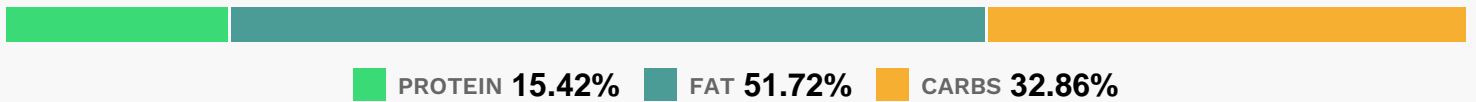
Equipment

- 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:40.19, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:32.09869567726%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 724.37kcal (36.22%), Fat: 43.38g (66.73%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 44.61g (16.22%), Sugar: 8.92g (9.92%), Cholesterol: 71.14mg (23.71%), Sodium: 1621.94mg (70.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Fiber: 17.39g (69.54%), Phosphorus: 510.12mg (51.01%), Vitamin B6: 0.83mg (41.71%), Potassium: 1376.25mg (39.32%), Folate: 156.79µg (39.2%), Vitamin C: 31.52mg (38.21%), Zinc: 5.62mg (37.48%), Manganese: 0.72mg (36.07%), Calcium: 350.57mg (35.06%), Vitamin K: 36.52µg (34.79%), Vitamin B3: 6.62mg (33.09%), Vitamin E: 4.94mg (32.94%), Magnesium: 131.01mg (32.75%), Vitamin B2: 0.51mg (29.76%), Iron: 5.31mg (29.5%), Selenium: 20.34µg (29.06%), Copper: 0.58mg (28.86%), Vitamin B5: 2.77mg (27.69%), Vitamin B12: 1.54µg (25.67%), Vitamin A: 1168.15IU (23.36%), Vitamin B1: 0.32mg (21.62%), Vitamin D: 0.24µg (1.58%)