



Slow-Cooker Zesty Black Bean Soup



Vegetarian



Gluten Free

READY IN



805 min.

SERVINGS



9

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound black beans dried rinsed
- ☐ 10 cups water
- ☐ 8 cups vegetable stock
- ☐ 29 ounces canned tomatoes diced with green chilies, undrained canned
- ☐ 1 cup carrots coarsely chopped
- ☐ 1 cup onion coarsely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic finely chopped

- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 serving cream sour
- ☐ 1 serving cilantro leaves fresh chopped

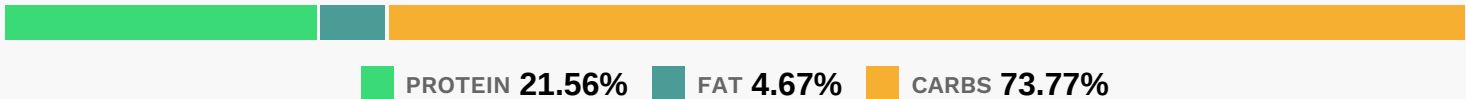
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Heat beans and water to boiling in 4-quart Dutch oven; reduce heat. Simmer uncovered 10 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Place beans and remaining ingredients except sour cream and cilantro in 6-quart slow cooker.
- ☐ Cover and cook on Low heat setting 10 to 12 hours.
- ☐ Serve soup topped with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:19.213043733297%

Flavonoids

Petunidin: 7.77mg, Petunidin: 7.77mg, Petunidin: 7.77mg, Petunidin: 7.77mg Delphinidin: 9.32mg, Delphinidin: 9.32mg, Delphinidin: 9.32mg, Delphinidin: 9.32mg Malvidin: 5.35mg, Malvidin: 5.35mg, Malvidin: 5.35mg, Malvidin: 5.35mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 214.74kcal (10.74%), Fat: 1.16g (1.78%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 31.66g (11.51%), Sugar: 6.51g (7.23%), Cholesterol: 0.79mg (0.26%), Sodium: 1130.02mg (49.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Vitamin A: 2987.67IU (59.75%), Folate: 237.58µg (59.4%), Fiber: 9.47g (37.9%), Vitamin B1: 0.51mg (34.29%), Manganese: 0.67mg (33.47%), Potassium: 998.69mg (28.53%), Copper: 0.55mg (27.33%), Magnesium: 102.91mg (25.73%), Phosphorus: 207.32mg (20.73%), Iron: 3.53mg (19.59%), Vitamin B6: 0.3mg (14.84%), Zinc: 2.07mg (13.83%), Vitamin C: 11.01mg (13.35%), Calcium: 110.28mg (11.03%), Vitamin B2: 0.16mg (9.68%), Vitamin B3: 1.81mg (9.05%), Vitamin K: 8.98µg (8.55%), Vitamin B5: 0.63mg (6.33%), Vitamin E: 0.85mg (5.67%), Selenium: 1.96µg (2.8%)