



Smokey Black Bean and Vegetable Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 45 ounce black beans rinsed drained canned
- ☐ 1 cup carrots chopped
- ☐ 0.8 cup celery thinly sliced
- ☐ 1 teaspoon chili powder
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 2 teaspoons basil dried
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 8 lime wedges
- ☐ 29 ounce no-salt-added plum tomatoes undrained chopped canned
- ☐ 2 cups onion coarsely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 29 ounce vegetable broth canned
- ☐ 2 cups water

Equipment

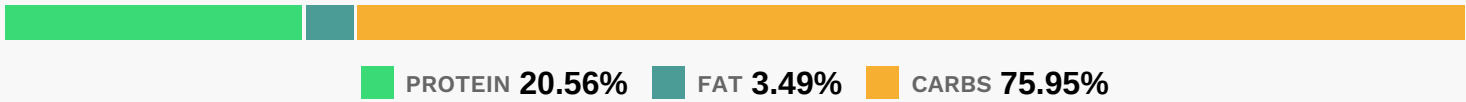
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove 2 chiles from can; reserve remaining chiles and sauce for another use. Finely chop chiles.
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion, carrot, celery, and garlic; saut 8 minutes or until onion and carrot are tender. Stir in chiles, cumin, basil, oregano, chili powder, and bay leaves; cook 1 minute, stirring constantly. Stir in water, beans, broth, and tomatoes; bring to a boil. Partially cover, reduce heat, and simmer 2 hours, stirring occasionally.
- ☐ Remove from heat; discard bay leaves.
- ☐ Place 3 cups of soup mixture in a blender.
- ☐ Let stand 5 minutes; process until smooth. Return pureed mixture to pan, stirring to combine. Ladle 1 1/4 cups soup into each of 8 bowls; top each serving with 1 tablespoon yogurt and 1 1/2 teaspoons cilantro.

Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:20.677826114323%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 228.37kcal (11.42%), Fat: 0.93g (1.44%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 29.07g (10.57%), Sugar: 9.1g (10.11%), Cholesterol: 0.31mg (0.1%), Sodium: 1074.95mg (46.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.77%), Fiber: 16.69g (66.75%), Vitamin A: 3195.11IU (63.9%), Iron: 5.63mg (31.29%), Manganese: 0.62mg (31.21%), Folate: 124.71µg (31.18%), Vitamin C: 24.1mg (29.21%), Potassium: 908.28mg (25.95%), Phosphorus: 245.37mg (24.54%), Copper: 0.45mg (22.3%), Vitamin B1: 0.32mg (21.4%), Magnesium: 83.85mg (20.96%), Vitamin B2: 0.32mg (19.04%), Vitamin B6: 0.33mg (16.39%), Calcium: 162.46mg (16.25%), Vitamin K: 15.87µg (15.12%), Vitamin B3: 2.1mg (10.51%), Zinc: 1.38mg (9.19%), Vitamin E: 1.08mg (7.17%), Vitamin B5: 0.69mg (6.86%), Selenium: 3.37µg (4.81%), Vitamin B12: 0.09µg (1.56%)