



 **100%**
HEALTH SCORE

Smoky Black Bean Soup With Sweet Potato & Kale

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



630 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups chicken broth
- 3 tablespoons chipotle sauce
- 1 pound black beans dried
- 2 tablespoons ground cumin
- 1 bunch kale
- 2 tablespoons olive oil
- 1 onion chopped

- 6 servings salt and pepper
- 3 lbs sweet potatoes and into

Equipment

- baking sheet
- pot
- blender

Directions

- Spread the dry beans out on a baking sheet and pick out any pebbles.
- Place the beans in a big soup pot, cover with water by 3 inches and allow them to soak overnight or for 6–8 hours, then discard that water. Return the soaked beans to the pot and cover with 3 inches of water again, bring to a boil. Reduce heat to medium low, put the cover on and allow to cook until the beans start to get tender but still firm, about 1 1/2 hours.
- Drain the beans.
- Heat the oil in a soup pot over med-high heat.
- Add the onion along with a pinch of salt and saute until softened and golden. Stir in 1 tbsp of ground cumin, add the beans along with the broth or water and bring to a boil. Reduce heat to medium-low, cover and cook for 30 min. Meanwhile peel and chop the sweet potatoes. Wash the kale, remove the stems and chop the leaves.
- Remove half of the beans and liquid and set aside to cool a bit.
- Add the sweet potatoes and kale to the pot with some salt and pepper. Cover and cook for 10 minutes.
- Transfer the cooled beans to a blender and puree until smooth, then return them to the pot. Stir in the remaining 1 tbsp of ground cumin. Now add 1 tbsp of the chipotles in adobo. Taste and continue to add more until it has a spice level that you like. Adjust the salt & pepper as needed.
- Serve with a dollop of sour cream.

Nutrition Facts



PROTEIN 16.35% **FAT 11.75%** **CARBS 71.9%**

Properties

Glycemic Index:20.33, Glycemic Load:22.95, Inflammation Score:-10, Nutrition Score:42.644347826087%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg Kaempferol: 10.28mg, Kaempferol: 10.28mg, Kaempferol: 10.28mg, Kaempferol: 10.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Taste

Sweetness: 100%, Saltiness: 7.53%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 46.13%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 554.93kcal (27.75%), Fat: 7.45g (11.46%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 102.54g (34.18%), Net Carbohydrates: 80.5g (29.27%), Sugar: 16.15g (17.95%), Cholesterol: 4.7mg (1.57%), Sodium: 1216.19mg (52.88%), Protein: 23.32g (46.65%), Vitamin A: 34383.39IU (687.67%), Folate: 377.72µg (94.43%), Vitamin K: 95.81µg (91.24%), Fiber: 22.04g (88.18%), Manganese: 1.73mg (86.41%), Vitamin B1: 0.95mg (63.47%), Potassium: 2065.75mg (59.02%), Copper: 1.05mg (52.48%), Magnesium: 204.63mg (51.16%), Phosphorus: 409.32mg (40.93%), Iron: 7.08mg (39.35%), Vitamin B6: 0.75mg (37.64%), Vitamin C: 27.19mg (32.96%), Vitamin B2: 0.51mg (29.97%), Vitamin B5: 2.56mg (25.57%), Zinc: 3.82mg (25.44%), Calcium: 248.46mg (24.85%), Vitamin B3: 3.62mg (18.12%), Vitamin E: 1.73mg (11.52%), Selenium: 5.11µg (7.3%)