



Smoky Black Beans with Grilled Lamb

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon smoked diced (preferably applewood-smoked)
- 1 teaspoon balsamic vinegar
- 1 cup lightly cilantro fresh packed
- 0.5 cup cooking wine dry red
- 2 cloves garlic
- 1 teaspoon ground cumin
- 2 cups lamb broth
- 4 lamb loin chops thick fat trimmed

- 1 tablespoon marjoram leaves dried fresh minced (or 1 teaspoon marjoram)
- 2.5 cups onions chopped
- 0.5 teaspoon oregano dried
- 4 servings salt and pepper
- 1 serrano chili fresh stemmed
- 1 pound tomatoes (3)
- 1 cup black valentine dried

Equipment

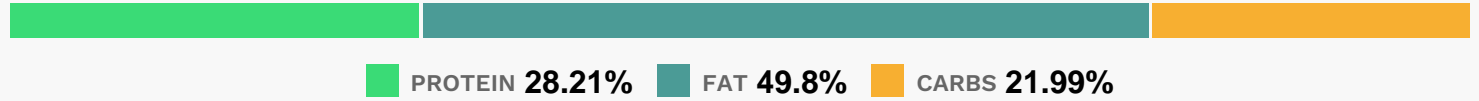
- bowl
- frying pan
- blender
- broiler pan

Directions

- Sort beans for debris, then rinse. Bring beans and 1 quart water to a boil over high heat in a 5- to 6-quart pan. Cover, boil for 2 minutes, and remove from heat. Beans are ready to cook after soaking for 2 hours, but are more digestible after 4 hours. To use, drain and rinse.
- In a 4- to 5-quart pan over high heat, bring 2 cups water, 1 cup chopped onion, cilantro, chili, garlic, 1/2 teaspoon cumin, and oregano to a boil. Reduce heat and simmer, covered, for 10 minutes. Whirl in a blender until smooth.
- In pan combine onion mixture, broth, and soaked beans. Bring to a boil over high heat, then reduce heat and simmer, covered, for 45 minutes.
- Meanwhile, in a 3- to 4-quart pan over medium heat, frequently stir bacon and 1 1/2 cups onion until onion is deep golden, about 20 minutes. Stir in wine and set aside.
- On a rack in a 12- by 15-inch broiler pan, broil tomatoes 2 inches from heat, turning until blackened all over, about 15 minutes. Coarsely chop; set aside.
- Add bacon mixture, tomatoes, minced marjoram, and vinegar to beans. Simmer, uncovered, stirring often, until beans are tender to bite and enough liquid evaporates to make a thick stew, 30 to 40 minutes.
- Add salt and pepper to taste.

- While beans simmer, sprinkle lamb all over with salt, pepper, and remaining cumin. Broil 2 inches below heat, turning once, until done to your liking, about 8 minutes for medium-rare.
- Spoon bean mixture into 4 wide soup bowls. Top each with a lamb chop, and garnish with marjoram sprigs.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:44.314782391424%

Flavonoids

Petunidin: 8.47mg, Petunidin: 8.47mg, Petunidin: 8.47mg, Petunidin: 8.47mg Delphinidin: 10.23mg, Delphinidin: 10.23mg, Delphinidin: 10.23mg, Delphinidin: 10.23mg Malvidin: 13.02mg, Malvidin: 13.02mg, Malvidin: 13.02mg, Malvidin: 13.02mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg

Nutrients (% of daily need)

Calories: 871.55kcal (43.58%), Fat: 46.83g (72.05%), Saturated Fat: 18.5g (115.6%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 35.57g (12.93%), Sugar: 8.57g (9.52%), Cholesterol: 179.65mg (59.88%), Sodium: 543.91mg (23.65%), Alcohol: 3.15g (100%), Alcohol %: 0.71% (100%), Protein: 59.7g (119.39%), Vitamin B12: 5.37µg (89.53%), Vitamin B3: 17.4mg (87.02%), Selenium: 56.95µg (81.36%), Folate: 304.04µg (76.01%), Zinc: 10.19mg (67.9%), Phosphorus: 676.39mg (67.64%), Vitamin B1: 0.89mg (59.35%), Potassium: 1812.36mg (51.78%), Manganese: 0.9mg (45.1%), Fiber: 10.95g (43.81%), Iron: 7.63mg (42.41%), Magnesium: 168.82mg (42.2%), Copper: 0.81mg (40.62%), Vitamin B6: 0.81mg (40.4%), Vitamin B2: 0.69mg (40.37%), Vitamin K: 38.72µg (36.87%), Vitamin C: 25.87mg (31.35%), Vitamin A: 1302.17IU (26.04%), Vitamin B5: 2.37mg (23.71%), Calcium: 143.25mg (14.33%), Vitamin E: 1.49mg (9.9%), Vitamin D: 0.23µg (1.54%)