



## Smoky Refried Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce canned tomatoes diced canned (I used fire-roasted)
- 0.1 teaspoon chipotle chili powder to taste ( )
- 15 ounces black beans cooked
- 1 cup corn kernels frozen
- 1 teaspoon cumin
- 3 cloves garlic clove minced
- 1 bell pepper green chopped
- 1 teaspoon hot sauce to taste (or )

- 1 large onion chopped
- 0.5 teaspoon oregano
- 15 ounces refried beans
- 4 servings salt and pepper to taste
- 1.5 teaspoon paprika smoked
- 1.5 cups vegetable stock

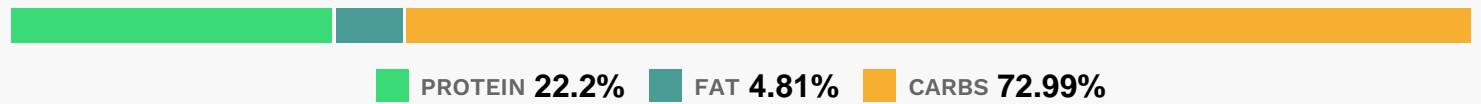
## Equipment

- pot

## Directions

- Heat a large, non-stick pot and sauté the onion until it begins to brown.
- Add the garlic and bell pepper and cook for one more minute.
- Garnish with fresh tomato salsa and serve with baked tortilla chips and a large salad.

## Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:11.18, Inflammation Score:-9, Nutrition Score:21.165217700212%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

## Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 1.68g (2.59%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 39.36g (14.31%), Sugar: 12.04g (13.37%), Cholesterol: 0mg (0%), Sodium: 1405.31mg (61.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Fiber: 18.06g (72.22%), Folate: 197.73µg (49.43%), Vitamin C: 37.98mg (46.04%), Manganese: 0.87mg (43.29%), Iron: 5.41mg (30.04%), Magnesium: 110.87mg (27.72%), Vitamin B1: 0.39mg (26.28%), Potassium: 869.97mg (24.86%), Copper: 0.47mg (23.53%), Phosphorus: 225.23mg (22.52%), Vitamin A: 1025.29IU (20.51%), Vitamin B6: 0.4mg (20.03%), Calcium: 125.2mg (12.52%),

Vitamin B3: 2.48mg (12.41%), Zinc: 1.79mg (11.91%), Vitamin E: 1.7mg (11.35%), Vitamin B2: 0.19mg (10.9%), Vitamin K: 9.92µg (9.45%), Vitamin B5: 0.79mg (7.9%), Selenium: 2.72µg (3.89%)