



WHATSheATE

SOOFOO

The Mighty Grains with a Strange Name



6G PROTEIN • NATURALLY SODIUM FREE • 3G FIBER

SooFoo Vegetarian Chili



Vegetarian



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounces tomato sauce canned
- ☐ 0.5 cup carrots chopped
- ☐ 1 tablespoon chili powder (such as Gebhardt)
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 teaspoons honey
- ☐ 1.5 tablespoons olive oil
- ☐ 1.7 cups onion chopped

- ☐ 0.3 teaspoon pepper or black to taste
- ☐ 1.5 cups & peppers green red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vegetable broth
- ☐ 2 cups water

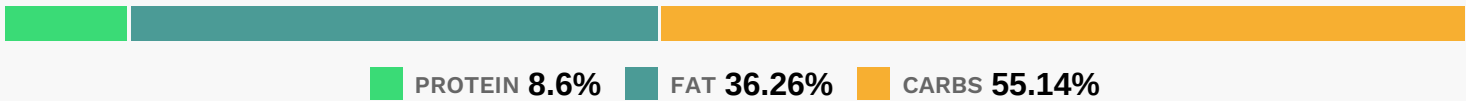
Equipment

- ☐ dutch oven
- ☐ rice cooker

Directions

- ☐ Prepare the SooFoo as directed on the back of package using 1 cup SooFoo, 2 cups water, 1/2 teaspoon salt and 1 tablespoon of oil. This should take about an hour in a rice cooker. In a Dutch oven or large pot, heat the oil to medium.
- ☐ Add onions and peppers and saute for about 5 minutes.
- ☐ Add the garlic and cumin and saute for another 3 minutes, then stir in the chili powder, carrots, tomato sauce, broth and honey. Cover and let simmer for about 15 minutes.
- ☐ Add the cooked SooFoo and stir well.
- ☐ Add pepper to taste. Cover and simmer for another 10 minutes or until ready to eat.

Nutrition Facts



Properties

Glycemic Index:73.28, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:16.092173700747%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg

Nutrients (% of daily need)

Calories: 142.17kcal (7.11%), Fat: 6.3g (9.69%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 16.52g (6.01%), Sugar: 11.45g (12.72%), Cholesterol: 0mg (0%), Sodium: 1027.54mg (44.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin A: 4041.95IU (80.84%), Vitamin C: 59.59mg (72.24%), Vitamin E: 3.41mg (22.75%), Manganese: 0.44mg (22.19%), Vitamin B6: 0.43mg (21.41%), Fiber: 5.05g (20.19%), Potassium: 638.12mg (18.23%), Vitamin K: 15.09µg (14.37%), Iron: 2.53mg (14.06%), Copper: 0.25mg (12.74%), Magnesium: 39.22mg (9.8%), Vitamin B3: 1.87mg (9.33%), Phosphorus: 82.22mg (8.22%), Vitamin B2: 0.14mg (8.22%), Folate: 31.72µg (7.93%), Vitamin B1: 0.12mg (7.87%), Calcium: 68.73mg (6.87%), Vitamin B5: 0.55mg (5.55%), Zinc: 0.66mg (4.39%), Selenium: 2.04µg (2.92%)