






 **15%**
HEALTH SCORE

Southwestern Black Bean Stew

 **Gluten Free**

READY IN

45 min.

SERVINGS

6

CALORIES

676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans undrained canned
- 1 pound ground beef
- 16 ounce cheddar cheese shredded
- 0.5 cup cream sour
- 1.3 ounce taco seasoning
- 6 ounce canned tomatoes canned
- 1.5 cups water
- 15 ounce corn whole drained canned

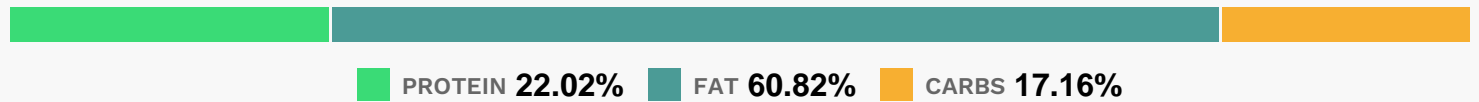
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In a large skillet over medium high heat, saute the ground beef and drain the excess fat.
- Add taco seasoning, and stir. Reduce heat to low, cover and simmer for 10 minutes.
- In a slow cooker over low heat, combine the corn, beans, tomato paste and water.
- Mix well.
- Add the seasoned meat and the sour cream. Raise heat to high setting and simmer for 20 minutes.
- Pour into individual bowls and garnish with shredded cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:23.792608789776%

Nutrients (% of daily need)

Calories: 675.53kcal (33.78%), Fat: 45.84g (70.52%), Saturated Fat: 22.47g (140.44%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 22.55g (8.2%), Sugar: 3.26g (3.62%), Cholesterol: 140.58mg (46.86%), Sodium: 1455.58mg (63.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.69%), Calcium: 605.09mg (60.51%), Phosphorus: 594.93mg (59.49%), Selenium: 34.53µg (49.34%), Zinc: 6.66mg (44.41%), Vitamin B12: 2.46µg (40.99%), Vitamin B2: 0.59mg (34.58%), Vitamin A: 1494.75IU (29.9%), Fiber: 6.54g (26.16%), Vitamin B3: 4.59mg (22.96%), Folate: 89.79µg (22.45%), Iron: 3.87mg (21.5%), Vitamin B6: 0.39mg (19.29%), Potassium: 669.85mg (19.14%), Magnesium: 74.04mg (18.51%), Copper: 0.29mg (14.7%), Manganese: 0.27mg (13.7%), Vitamin B1: 0.19mg (12.63%), Vitamin C: 8.56mg (10.37%), Vitamin B5: 0.97mg (9.65%), Vitamin E: 1.3mg (8.69%), Vitamin K: 4.97µg (4.73%), Vitamin D: 0.53µg (3.53%)