



Southwestern Soup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz beef broth canned
- 15 oz black beans rinsed drained canned
- 14.5 oz canned tomatoes diced green undrained canned
- 14.5 oz canned tomatoes diced undrained canned
- 2 cups kernel corn whole white yellow frozen
- 6 servings toppings: cream and cilantro fresh sour chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced

- 1 pound ground beef
- 1 cup onion coarsely chopped
- 0.3 teaspoon pepper
- 32 oz kidney beans light red rinsed drained canned
- 0.3 teaspoon salt
- 1 oz taco seasoning

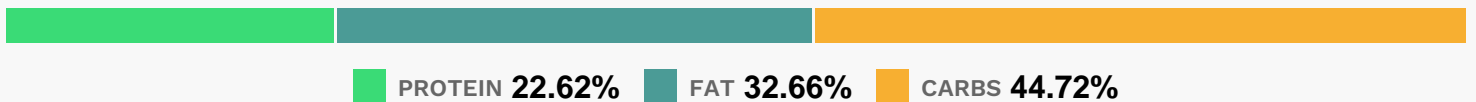
Equipment

- dutch oven

Directions

- Brown ground beef, onion, and garlic in a large Dutch oven over medium-high heat, stirring often, 10 to 12 minutes or until meat crumbles and is no longer pink and onion is softened; drain.
- Stir in kidney beans, next 8 ingredients, and 4 cups water. Bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer 30 minutes or until thoroughly heated. Stir in cilantro just before serving.
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:10.74, Inflammation Score:-9, Nutrition Score:34.340434551239%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

Nutrients (% of daily need)

Calories: 605.92kcal (30.3%), Fat: 22.73g (34.97%), Saturated Fat: 9.69g (60.55%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 48.84g (17.76%), Sugar: 11.41g (12.67%), Cholesterol: 70.63mg (23.54%), Sodium: 1348.31mg (58.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.82%), Fiber: 21.16g (84.65%), Folate: 290.24µg (72.56%), Manganese: 1.28mg (63.82%), Iron: 9.72mg (53.99%), Phosphorus: 506.44mg (50.64%), Potassium: 1600.11mg (45.72%), Copper: 0.83mg (41.67%), Zinc: 5.8mg (38.67%), Vitamin B6: 0.75mg (37.35%), Vitamin B3: 7.3mg (36.48%), Magnesium: 145.68mg (36.42%), Vitamin B1: 0.52mg (34.36%), Vitamin B12: 1.69µg (28.14%), Vitamin B2: 0.46mg (26.78%), Vitamin C: 21.75mg (26.36%), Selenium: 16.42µg (23.46%), Vitamin K: 22.48µg (21.41%), Vitamin A: 995.85IU (19.92%), Calcium: 151.31mg (15.13%), Vitamin B5: 1.51mg (15.1%), Vitamin E: 2.27mg (15.1%), Vitamin D: 0.32µg (2.1%)