



Southwestern Vegetable Soup

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

READY IN



45 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce black beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 15 ounce tomato sauce canned
- 1.8 ounce chili seasoning
- 8 ounce cut green beans drained canned
- 1 bell pepper diced green
- 1 pound ground beef lean
- 1 large onion diced

- 16 ounce kidney beans dark red rinsed drained canned
- 31 ounce stewed tomatoes mexican-style undrained canned
- 5 cups water
- 15.3 ounce kernel corn whole drained canned

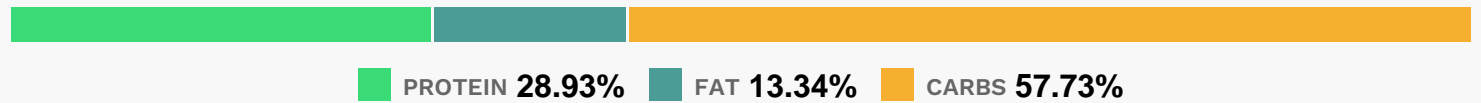
Equipment

- dutch oven

Directions

- Brown ground beef in a large Dutch oven, stirring until it crumbles; drain. Stir in 5 cups water and next 10 ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 2 hours.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:31.68608664948%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 362.93kcal (18.15%), Fat: 5.63g (8.66%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 38.86g (14.13%), Sugar: 9.2g (10.22%), Cholesterol: 35.15mg (11.72%), Sodium: 996.07mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.93%), Vitamin A: 3726.87IU (74.54%), Fiber: 15.95g (63.8%), Iron: 8.66mg (48.1%), Manganese: 0.93mg (46.57%), Folate: 167.28µg (41.82%), Potassium: 1448.59mg (41.39%), Phosphorus: 400.05mg (40.01%), Vitamin C: 32.76mg (39.71%), Copper: 0.68mg (34.07%), Zinc: 4.95mg (33.03%), Vitamin B6: 0.66mg (33.01%), Vitamin B3: 6.59mg (32.97%), Magnesium: 125.44mg (31.36%), Vitamin E: 4.14mg (27.57%), Vitamin K: 28.52µg (27.16%), Vitamin B1: 0.35mg (23.55%), Vitamin B2: 0.4mg (23.34%), Vitamin B12: 1.27µg (21.17%), Selenium: 12.92µg (18.45%), Calcium: 146.61mg (14.66%), Vitamin B5: 1.21mg

(12.12%)