



Southwestern Vegetarian Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 0.8 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 1 tablespoon chili powder
- ☐ 1 pound black beans dried
- ☐ 0.5 ounce chipotle chile dried
- ☐ 1 cup cooking sherry dry

- ☐ 2 garlic cloves minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons ground cumin
- ☐ 2 tablespoons honey
- ☐ 7 tablespoons nonfat cream sour
- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3.5 cups vegetable broth canned
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

Equipment

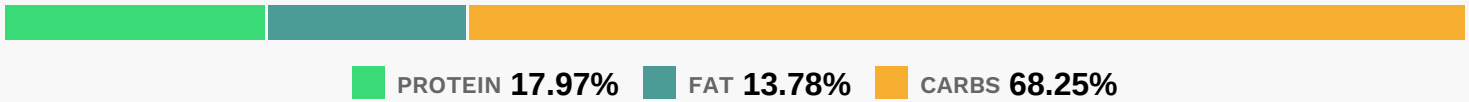
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.

- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans in a colander; set aside.
- ☐ Combine 1/2 cup water and chile in a small saucepan; bring to a boil.
- ☐ Remove water and chile from heat; cover and let stand 10 minutes or until chile is softened.
- ☐ Place water and chile in a food processor, and process 1 minute or until smooth. Set chile puree aside.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 5 ingredients (onion through garlic); saute 7 minutes.
- ☐ Add beans, 2 tablespoons chile puree, broth, and next 10 ingredients (broth through bay leaf); bring to a boil. Cover, reduce heat, and simmer 1 hour. Discard bay leaf.
- ☐ Remove 4 cups of beans and vegetables from soup with a slotted spoon; set aside.
- ☐ Place half of remaining soup in a blender; process until smooth, and pour into a bowl. Repeat procedure with other half of soup. Return pureed soup to pan, and stir in 4 cups of the bean-vegetable mixture. Cook soup over medium-low heat until thoroughly heated. Ladle soup into individual bowls; top with sour cream, and garnish with cilantro, if desired.
- ☐ Serve with remaining chile puree, if desired.

Nutrition Facts



Properties

Glycemic Index:48.16, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:30.729999568151%

Flavonoids

Petunidin: 9.99mg, Petunidin: 9.99mg, Petunidin: 9.99mg, Petunidin: 9.99mg Delphinidin: 11.99mg, Delphinidin: 11.99mg, Delphinidin: 11.99mg, Delphinidin: 11.99mg Malvidin: 6.9mg, Malvidin: 6.9mg, Malvidin: 6.9mg, Malvidin: 6.9mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 384.56kcal (19.23%), Fat: 5.79g (8.91%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 49.98g (18.18%), Sugar: 14.77g (16.41%), Cholesterol: 1.08mg (0.36%), Sodium: 871.34mg (37.88%), Alcohol: 3.53g (100%), Alcohol %: 0.95% (100%), Protein: 16.99g (33.98%), Folate: 323.09µg (80.77%), Vitamin A: 3702.95IU (74.06%), Vitamin C: 48.34mg (58.59%), Fiber: 14.54g (58.17%), Manganese: 1.09mg (54.61%), Vitamin B1: 0.7mg (46.94%), Potassium: 1474.99mg (42.14%), Magnesium: 148.71mg (37.18%), Iron: 6.4mg (35.58%), Copper: 0.71mg (35.26%), Phosphorus: 307.42mg (30.74%), Vitamin B6: 0.54mg (26.85%), Vitamin K: 27.26µg (25.96%), Zinc: 2.98mg (19.84%), Calcium: 189.02mg (18.9%), Vitamin B2: 0.28mg (16.34%), Vitamin E: 2.32mg (15.45%), Vitamin B3: 2.85mg (14.25%), Vitamin B5: 0.94mg (9.36%), Selenium: 3.64µg (5.2%)