

food
network

 100%
HEALTH SCORE

Spicy Bean Soup



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



10

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli florets
- ☐ 30 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 29 ounce tomatoes diced with juices canned
- ☐ 31 ounce garbanzo beans drained and rinsed canned
- ☐ 1 carrots peeled cut into 1/2-inch pieces
- ☐ 2 celery stalks cut into 1/2-inch pieces
- ☐ 8 cups chicken broth
- ☐ 0.5 cup chili powder

- ☐ 0.5 cup green lentils dried
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 6 cloves garlic finely chopped
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 3 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup freshly parmesan shredded
- ☐ 3 inch parmesan cheese rind
- ☐ 1 bell pepper red cut into 1/2-inch pieces
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 2 teaspoons salt plus more to taste
- ☐ 2 crookneck squash yellow
- ☐ 11.5 ounce sacramento tomato juice canned
- ☐ 6 ounce tomato paste canned
- ☐ 2 zucchini

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

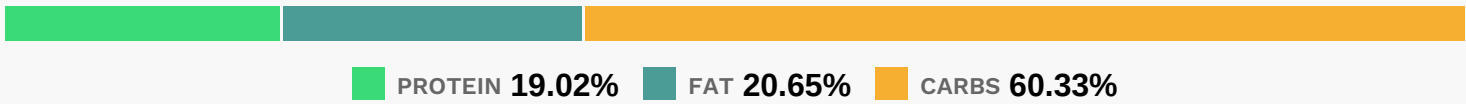
Directions

- ☐ Heat the oil in a heavy large stockpot over medium-high heat.
- ☐ Add the onions, celery, carrot, bell pepper, and garlic, and saute until the onions are translucent, about 15 minutes.
- ☐ Add the chili powder, coriander, cumin, oregano and crushed red pepper, and cook for 2 minutes. Stir in the tomatoes with their juices, tomato juice, tomato paste, cheese rind, and 2

teaspoons of salt.

- ☐
- Add the broth, garbanzo beans, cannellini beans, and lentils. Stir in the broccoli, zucchini, and yellow squash. Bring to a simmer over high heat. Decrease the heat to medium. Simmer, uncovered, until the lentils are tender and the mixture thickens slightly, stirring often, about 20 minutes. Season the stew to taste with more salt, if desired.
- ☐
- Ladle the stew into bowls.
- ☐
- Sprinkle with the shredded cheese and basil, and serve.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:10.8, Inflammation Score:-10, Nutrition Score:47.297391550696%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 457.65kcal (22.88%), Fat: 11.41g (17.56%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 75g (25%), Net Carbohydrates: 52.77g (19.19%), Sugar: 12.85g (14.27%), Cholesterol: 9.26mg (3.09%), Sodium: 1947.7mg (84.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Vitamin A: 21488.84IU (429.78%), Manganese: 2.3mg (114.99%), Vitamin C: 93.75mg (113.63%), Fiber: 22.23g (88.91%), Vitamin B6: 1.4mg (69.95%), Vitamin E: 9.94mg (66.25%), Vitamin K: 61.27µg (58.36%), Potassium: 2006.77mg (57.34%), Iron: 10.28mg (57.14%), Folate: 219.88µg (54.97%), Magnesium: 195.15mg (48.79%), Copper: 0.86mg (42.83%), Phosphorus: 425.18mg (42.52%), Calcium: 403.08mg (40.31%), Vitamin B1: 0.56mg (37.18%), Vitamin B2: 0.51mg (30.21%), Vitamin B3: 5.91mg (29.56%), Zinc: 3.77mg (25.16%), Vitamin B5: 1.96mg (19.56%), Selenium: 11.4µg (16.29%), Vitamin B12: 0.13µg (2.24%)