



Spicy Italian Sausage and Black Bean Soup

 Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 32 fluid ounce beef broth
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 carrots diced
- ☐ 5 stalks celery diced
- ☐ 1 bunch basil fresh chopped
- ☐ 5 cloves garlic minced

- ☐ 1 pound sausage italian hot
- ☐ 1 large onion diced
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 cup red wine
- ☐ 1 cup rotini pasta uncooked
- ☐ 1 baking potatoes cubed
- ☐ 6 servings salt and pepper black to taste
- ☐ 6 ounce tomato paste canned
- ☐ 1 teaspoon vegetable oil

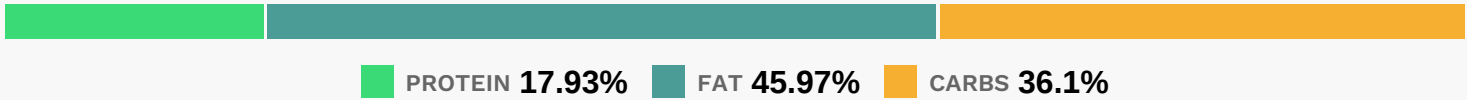
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large pot over medium heat. Cook the Italian sausages in the hot oil, turning occasionally, until browned on the outside and no longer pink in the center, 10 to 15 minutes. Set aside to cool; remove all but 1 tablespoon of grease from the pot.
- ☐ Stir the garlic, onion, carrot, potato, and celery into the hot fat. Cook until the vegetables are tender and the onion has turned translucent, about 7 minutes. Stir in the tomato paste until no lumps remain; pour in the red wine. Bring to a boil over high heat and cook until the liquid has reduced by half, stirring frequently to dissolve the brown bits from the bottom of the pan.
- ☐ Add the beef broth, black beans, and diced tomatoes. Reduce heat to medium-low, cover, and simmer 1 hour.
- ☐ Cut the cooled sausage into 1/2-inch thick slices. Stir the sausage into the soup along with the rotini pasta, spinach, and dried oregano. Simmer until the pasta is tender, 7 to 10 minutes. Stir in the chopped basil and season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:81.43, Glycemic Load:13.21, Inflammation Score:-10, Nutrition Score:31.476086740908%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 1mg, Apigenin: 1mg, Apigenin: 1mg, Apigenin: 1mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 523.8kcal (26.19%), Fat: 25.81g (39.71%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 34.94g (12.71%), Sugar: 10.34g (11.49%), Cholesterol: 57.46mg (19.15%), Sodium: 1867.52mg (81.2%), Alcohol: 4.24g (100%), Alcohol %: 0.84% (100%), Protein: 22.65g (45.31%), Vitamin A: 4444.35IU (88.89%), Vitamin K: 56.09µg (53.42%), Vitamin B1: 0.73mg (48.97%), Manganese: 0.94mg (47.1%), Fiber: 10.65g (42.59%), Selenium: 28.99µg (41.41%), Potassium: 1422.98mg (40.66%), Vitamin B6: 0.81mg (40.64%), Vitamin B3: 7.14mg (35.71%), Phosphorus: 333.56mg (33.36%), Vitamin C: 26.75mg (32.42%), Iron: 5.8mg (32.23%), Copper: 0.61mg (30.67%), Folate: 112.97µg (28.24%), Magnesium: 104.33mg (26.08%), Vitamin B2: 0.41mg (24.25%), Zinc: 2.68mg (17.9%), Vitamin E: 2.52mg (16.79%), Calcium: 158.14mg (15.81%), Vitamin B5: 1.35mg (13.5%), Vitamin B12: 0.8µg (13.31%)