



Spicy Smoked Turkey and Black Bean Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce black beans rinsed drained canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 2 cups chicken stock see
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper green sliced thin
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 jalapeno minced to taste ()
- ☐ 2 tablespoons juice of lemon
- ☐ 1 large onion chopped
- ☐ 1 bell pepper red sliced thin
- ☐ 0.3 teaspoon salt
- ☐ 3 cups turkey smoked shredded
- ☐ 4 cups vegetable juice (such as V-8®)
- ☐ 1 tablespoon vegetable oil

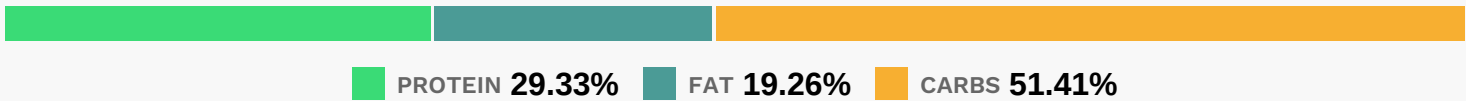
Equipment

- ☐ pot

Directions

- ☐ Heat vegetable oil in a large, heavy-bottomed pot over high heat. Cook and stir onion, green bell pepper, and red bell pepper in hot oil until softened, 2 to 3 minutes.
- ☐ Pour chicken stock into the pot and reduce heat to low. Stir vegetable juice, black beans, turkey, diced tomatoes, garlic, lemon juice, cumin, chili powder, jalapeno pepper, salt, and pepper into the stock. Raise heat to medium, bring the soup to a simmer, and cook until heated through and the flavors meld, 15 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.66, Inflammation Score:-9, Nutrition Score:26.666521787643%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 323.08kcal (16.15%), Fat: 7.06g (10.87%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 29.1g (10.58%), Sugar: 12.19g (13.54%), Cholesterol: 38.18mg (12.73%), Sodium: 1156.77mg (50.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Vitamin C: 105.96mg (128.43%), Fiber: 13.32g (53.28%), Vitamin A: 2436.78IU (48.74%), Potassium: 1269.34mg (36.27%), Vitamin B3: 7.17mg (35.86%), Vitamin B6: 0.7mg (34.89%), Iron: 5.48mg (30.44%), Phosphorus: 303.14mg (30.31%), Manganese: 0.59mg (29.73%), Folate: 114.61µg (28.65%), Copper: 0.51mg (25.26%), Vitamin B2: 0.4mg (23.28%), Vitamin B1: 0.33mg (22.2%), Magnesium: 87.8mg (21.95%), Selenium: 15µg (21.43%), Zinc: 2.11mg (14.04%), Calcium: 126.53mg (12.65%), Vitamin E: 1.85mg (12.36%), Vitamin K: 11.72µg (11.16%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 0.97mg (9.73%)