



Spicy Tortilla Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans drained canned
- 30 ounce garbanzo beans drained canned
- 30 ounce pinto beans drained canned
- 1 pinch cayenne pepper to taste
- 2 tablespoons chili powder
- 14 ounce chipotle peppers in adobo sauce canned
- 4 cloves garlic diced
- 1 tablespoon ground cinnamon

- 2 teaspoons ground cumin
- 8 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 large onion diced
- 29 ounce spicy tomatoes diced canned
- 2 quarts vegetable broth
- 30.5 ounce kernel corn whole drained canned

Equipment

- pot

Directions

- Heat olive oil in a pot over medium heat; saute onion and garlic until onion is transparent, about 10 minutes.
- Add chipotle peppers; cook and stir until fragrant, about 1 minute.
- Add chili powder and cumin; cook and stir until mixture is heated through, about 5 more minutes.
- Stir broth, pinto beans, garbanzo beans, and black beans into onion mixture; bring to a boil.
- Add tomatoes, reduce heat, and simmer until soup is heated through and flavors have blended, about 20 minutes.
- Add corn and cinnamon; cook, stirring occasionally, for 15 more minutes. Season with cayenne pepper, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:28.352608473405%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 471.81kcal (23.59%), Fat: 8.67g (13.34%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 81.79g (27.26%), Net Carbohydrates: 57.04g (20.74%), Sugar: 10.1g (11.22%), Cholesterol: 0mg (0%), Sodium: 2151.69mg (93.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (41.01%), Fiber: 24.76g (99.02%), Manganese: 1.92mg (96.03%), Folate: 168.01µg (42%), Iron: 7.45mg (41.4%), Vitamin B6: 0.81mg (40.48%), Vitamin A: 1991.22IU (39.82%), Phosphorus: 383.71mg (38.37%), Potassium: 1230.13mg (35.15%), Copper: 0.67mg (33.7%), Magnesium: 132.04mg (33.01%), Vitamin C: 21.59mg (26.17%), Vitamin B1: 0.31mg (20.83%), Zinc: 2.56mg (17.06%), Calcium: 165.62mg (16.56%), Vitamin E: 2.48mg (16.52%), Vitamin K: 15.19µg (14.46%), Vitamin B3: 2.84mg (14.19%), Vitamin B2: 0.22mg (13.18%), Vitamin B5: 0.8mg (8.04%), Selenium: 4.29µg (6.12%)