

## Stormy Black Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 bay leaves
- 2 cans black beans rinsed drained (or 3 cups)
- 30 ounce tomatoes diced canned
- 1 tsp chili powder
- 1 tsp chipotles in adobo minced
- 1 tsp cumin
- 1 cup ears corn fresh
- 3 cloves garlic minced

- 1 bell pepper green chopped
- 6 servings lime wedges
- 1 large onion chopped
- 1 tbsp oregano
- 6 servings pepper black generous
- 4 cups vegetable stock

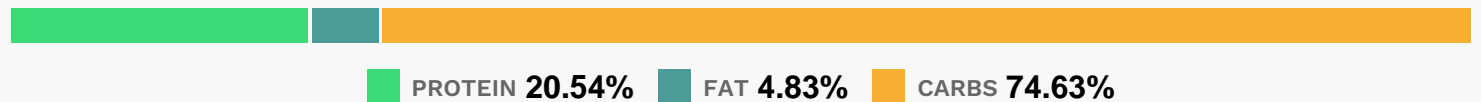
## Equipment

- bowl

## Directions

- Add the beans, seasonings, and tomatoes, and stir to combine.
- Add 3 cups vegetable broth or water. Reduce the heat to a simmer, and cook, uncovered, for about 1 hour, adding additional water or vegetable broth as needed to keep a soupy consistency. Just before serving, add the corn, if you like, and heat through.
- Serve in bowls with lime wedges. Makes 4–6 servings.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:17.946086883545%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## Nutrients (% of daily need)

Calories: 203.77kcal (10.19%), Fat: 1.17g (1.8%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 27.52g (10.01%), Sugar: 7.92g (8.8%), Cholesterol: 0mg (0%), Sodium: 1387.05mg (60.31%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Fiber: 13.16g (52.64%), Vitamin C: 37.27mg (45.17%), Manganese: 0.64mg (31.8%), Folate: 116.98µg (29.24%), Iron: 4.99mg (27.74%), Potassium: 873.05mg (24.94%), Vitamin B1: 0.33mg (22.03%), Phosphorus: 219.57mg (21.96%), Copper: 0.43mg (21.25%), Magnesium: 83.39mg (20.85%), Vitamin B6: 0.37mg (18.58%), Vitamin B2: 0.29mg (16.79%), Vitamin A: 779.41IU (15.59%), Vitamin B3: 2.56mg (12.8%), Calcium: 123.4mg (12.34%), Vitamin K: 11.62µg (11.07%), Vitamin E: 1.4mg (9.32%), Zinc: 1.22mg (8.14%), Vitamin B5: 0.68mg (6.76%), Selenium: 2.62µg (3.75%)