



 **100%**  
HEALTH SCORE

## Tropical Black Bean and Collard Green Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



8

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon allspice
- 1.5 teaspoon ancho chili powder pure (or other , mild chili powder)
- 0.3 teaspoon pepper black freshly ground
- 1 cup carrots diced sliced
- 3 ribs celery diced
- 8 servings chili powder to taste
- 0.3 teaspoon chipotle chili powder
- 12 ounces collard greens cut into bite-sized pieces (or use the greens)

- 2 cups black beans dried
- 2 cloves garlic minced to taste (or )
- 2 tablespoons ginger minced
- 0.3 teaspoon nutmeg
- 1 large onion chopped
- 1 cranberry-orange relish sliced for garnish
- 0.5 cup orange juice fresh
- 8 servings salt to taste
- 1 teaspoon paprika smoked
- 1 teaspoon thyme leaves

## Equipment

- pot
- blender
- immersion blender
- pressure cooker

## Directions

- Heat a large pot or pressure cooker; spray lightly with olive oil if desired.
- Add the onion and celery and cook, stirring, until softened.
- Add the garlic and ginger and cook for another minute.
- Add the drained beans, 7 cups of water (6 if pressure cooking), thyme, chili powders, allspice, and nutmeg. Bring to a boil. If pressure cooking, lock on the lid and bring to high pressure. Cook at high pressure for 9 minutes.
- Remove from heat and allow pressure to come down naturally. If cooking in a regular pot, simmer until beans are very tender, 1-2 hours depending on your beans. If beans seem too dry, add additional water. Once beans are tender, puree using a hand blender or in batches in a regular blender. Return to pot and add remaining ingredients, except orange juice, and add salt and chili powder to taste. Simmer until carrots and collards are tender.
- Add orange juice just before serving.

Serve garnished with orange slices on top or on the side.

## Nutrition Facts

**PROTEIN 22.23%** **FAT 5.84%** **CARBS 71.93%**

### Properties

Glycemic Index:52.79, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:28.969999790192%

### Flavonoids

Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

### Nutrients (% of daily need)

Calories: 220.82kcal (11.04%), Fat: 1.51g (2.33%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 30.19g (10.98%), Sugar: 6.07g (6.74%), Cholesterol: 0mg (0%), Sodium: 267.98mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Vitamin K: 198.04µg (188.61%), Vitamin A: 5809.61IU (116.19%), Folate: 292.97µg (73.24%), Manganese: 0.94mg (47.05%), Fiber: 11.71g (46.85%), Vitamin C: 35.04mg (42.47%), Vitamin B1: 0.52mg (34.62%), Potassium: 1054.81mg (30.14%), Magnesium: 108.93mg (27.23%), Copper: 0.5mg (24.86%), Phosphorus: 211.32mg (21.13%), Calcium: 194.35mg (19.44%), Iron: 3.35mg (18.64%), Vitamin B6: 0.35mg (17.52%), Vitamin E: 2.26mg (15.04%), Zinc: 2.11mg (14.04%), Vitamin B2: 0.21mg (12.46%), Vitamin B3: 1.93mg (9.67%), Vitamin B5: 0.76mg (7.61%), Selenium: 3.01µg (4.3%)