



Turkey and Black-Bean Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon sliced
- 1.8 cups canned tomatoes thick canned crushed (one 15-ounce can)
- 1 quart chicken broth low-sodium homemade canned
- 1 tablespoon chili powder
- 1 pounds deli turkey cooked cut into 1/2-by-1/2-by-1/4-inch slices
- 0.3 teaspoon fresh-ground pepper black
- 1 onion chopped
- 2 teaspoons oregano dried

- 2 teaspoons salt
- 10 ounce pkt spinach washed and cut crosswise into 1-inch strips
- 0.3 teaspoon all the tabasco sauce you handle
- 0.5 teaspoon cocoa powder unsweetened

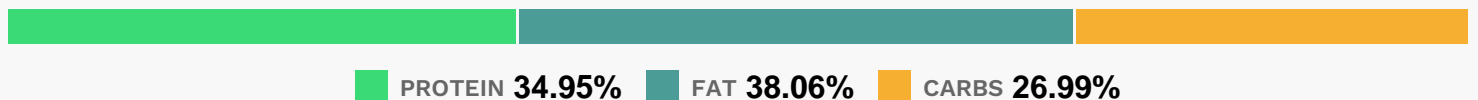
Equipment

- paper towels
- pot
- slotted spoon

Directions

- In a large stainless-steel pot, cook the bacon until crisp.
- Remove with a slotted spoon and drain on paper towels.
- Pour off all but 1 tablespoon of fat from the pot.
- Reduce the heat to moderately low.
- Add the onion to the pot and cook, stirring, until translucent, about 5 minutes. Stir in the chili powder, cocoa, Tabasco sauce, oregano, salt, pepper, tomatoes, and broth. Bring to a boil. Reduce the heat and simmer for 15 minutes.
- Add the black beans and turkey to the pot. Simmer for 5 minutes. Stir in the spinach and the bacon. Cook until the spinach just wilts, about 1 minute.
- Variations : Use smoked turkey in place of plain. : Substitute 1 2/3 cups drained and rinsed kidney, pinto, or cannellini beans for the black beans.
- Wine Recommendation: You need a lusty red wine with plenty of spiciness and fruit flavor to stand up to this powerful soup. That describes zinfandel to a T, so try one here.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:30.620869501777%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 321.42kcal (16.07%), Fat: 14.42g (22.18%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 17.77g (6.46%), Sugar: 8.55g (9.5%), Cholesterol: 55mg (18.33%), Sodium: 3009.65mg (130.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.57%), Vitamin K: 356.59µg (339.61%), Vitamin A: 7495.61IU (149.91%), Manganese: 0.98mg (48.79%), Phosphorus: 460.09mg (46.01%), Folate: 159.49µg (39.87%), Vitamin C: 31.92mg (38.68%), Copper: 0.75mg (37.32%), Potassium: 1293.66mg (36.96%), Iron: 5.98mg (33.23%), Vitamin B3: 6.5mg (32.52%), Magnesium: 122.86mg (30.72%), Vitamin E: 3.84mg (25.58%), Vitamin B6: 0.48mg (24.12%), Fiber: 5.24g (20.95%), Vitamin B2: 0.32mg (18.54%), Calcium: 159.87mg (15.99%), Zinc: 2.38mg (15.87%), Vitamin B1: 0.23mg (15.51%), Selenium: 7.66µg (10.94%), Vitamin B12: 0.38µg (6.31%), Vitamin B5: 0.56mg (5.61%)