



White Bean Soup with Chile Paste



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ancho chili pepper dried stemmed seeded
- ☐ 2 tablespoons butter ()
- ☐ 1 large carrots finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 1 chilies dried stemmed seeded
- ☐ 1 tablespoon t brown sugar dark
- ☐ 2 cups great northern beans dried
- ☐ 1 large garlic clove minced

- ☐ 2 teaspoons ground coriander
- ☐ 2.5 teaspoons ground cumin
- ☐ 3 tablespoons vegetable oil
- ☐ 8 cups water ()
- ☐ 0.5 cup whipping cream
- ☐ 1 large onion white finely chopped

Equipment

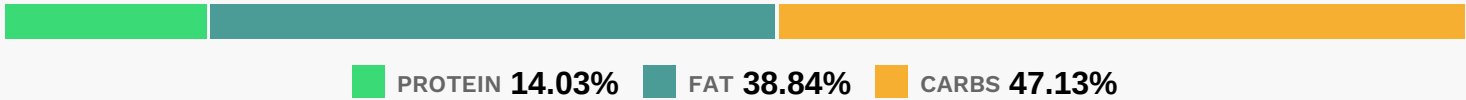
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Place chiles in bowl; add enough water to cover.
- ☐ Let stand at room temperature overnight.
- ☐ Drain. Boil 1 1/2 cups water, sugar, and chiles in small saucepan until 2 tablespoons liquid remain, about 15 minutes.
- ☐ Transfer to processor; puree until smooth. With machine running, gradually add oil. Season with salt and pepper. DO AHEAD: Can be made 3 days ahead. Cover; chill.
- ☐ Place beans in large pot.
- ☐ Add enough water to cover by 4 inches.
- ☐ Let soak overnight.
- ☐ Drain beans. Melt butter in same pot over medium-high heat.
- ☐ Add celery, carrot, onion, and garlic; cook until soft, stirring often, about 15 minutes.
- ☐ Add beans and 8 cups water. Bring to boil, reduce heat to low, and cook until beans are soft, stirring occasionally, about 1 1/2 hours. Stir in cumin and coriander; cool. Working in batches, puree soup in blender, adding water by 1/4 cupfuls if too thick. Return to same pot. Stir in cream. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Rewarm soup. Divide among bowls.

- ☐
- Drizzle with chile paste. Swirl paste into soup; serve.
- ☐
- *Sold at many supermarkets and at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:21.423478204271%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 325.82kcal (16.29%), Fat: 14.61g (22.48%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 27.26g (9.91%), Sugar: 7.8g (8.66%), Cholesterol: 24.33mg (8.11%), Sodium: 62.24mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Vitamin A: 4156.76IU (83.14%), Folate: 231.43µg (57.86%), Fiber: 12.64g (50.56%), Manganese: 0.8mg (39.96%), Magnesium: 104.93mg (26.23%), Potassium: 894.1mg (25.55%), Phosphorus: 242.61mg (24.26%), Copper: 0.47mg (23.32%), Vitamin K: 23.98µg (22.83%), Vitamin B1: 0.33mg (21.98%), Iron: 3.63mg (20.18%), Vitamin B6: 0.32mg (16.24%), Vitamin B2: 0.26mg (15.21%), Calcium: 120.75mg (12.08%), Selenium: 7.03µg (10.05%), Vitamin B3: 1.83mg (9.13%), Vitamin C: 7.5mg (9.09%), Zinc: 1.32mg (8.82%), Vitamin E: 1.1mg (7.33%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.24µg (1.59%)