



Zesty Bean Gumbo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce no-salt-added black beans drained canned
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.5 cup celery diced
- ☐ 3 cups rice long-grain hot cooked
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon filé powder

- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1.5 cups garden brown sauce
- ☐ 1 cup okra fresh sliced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 1 cup sacramento tomato juice

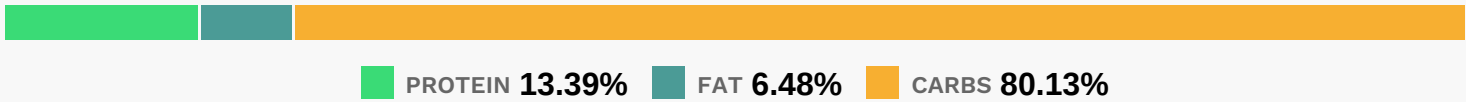
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add diced onion and next 7 ingredients (diced onion through garlic), and saut 3 minutes. Stir in the Garden Brown Sauce and the next 4 ingredients (sauce through chopped tomatoes), and bring to a boil. Reduce heat, and simmer 20 minutes. Stir in chopped green onions.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:61.89, Glycemic Load:30.1, Inflammation Score:-8, Nutrition Score:19.687391364056%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 345.33kcal (17.27%), Fat: 2.54g (3.91%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 70.68g (23.56%),
Net Carbohydrates: 60.59g (22.03%), Sugar: 21.07g (23.41%), Cholesterol: 0mg (0%), Sodium: 847.79mg (36.86%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.63%), Manganese: 1.1mg (55.05%), Vitamin C: 41.89mg
(50.77%), Fiber: 10.09g (40.36%), Folate: 156.25µg (39.06%), Vitamin K: 33.86µg (32.25%), Magnesium: 96.95mg
(24.24%), Vitamin B1: 0.33mg (22.21%), Potassium: 775.84mg (22.17%), Vitamin B6: 0.43mg (21.31%), Copper:
0.42mg (20.87%), Phosphorus: 198.86mg (19.89%), Iron: 3.29mg (18.27%), Vitamin A: 725.25IU (14.5%), Vitamin B3:
2.34mg (11.69%), Zinc: 1.71mg (11.41%), Selenium: 7.9µg (11.29%), Vitamin E: 1.5mg (10.02%), Vitamin B5: 0.95mg
(9.52%), Calcium: 90.39mg (9.04%), Vitamin B2: 0.15mg (8.89%)