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Black-Bean Soup with Sherry and Lime

Black-Bean Soup with Sherry and Lime is a delicious vegetarian soup with a rich history. It is commonly consumed as a hearty meal during the winter season. The soup is known for its flavorsome combination of black beans, sherry, and lime, which gives it a unique and tangy taste.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g Black Beans

1000 ml vegetable broth

100 g onion

2 cloves	garlic
50 ml	sherry
30 ml	lime juice
1 tsp	Cumin
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil
20 g	Cilantro

Directions

Step 1

Sautéing

In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic. Sauté until onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stirring

Add cumin, salt, and black pepper to the pot. Stir well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Simmering

Add black beans and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 2 mins

Cook Time: 20 mins

Step 4

Blending

Using an immersion blender, blend the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Stirring

Stir in sherry and lime juice. Cook for an additional 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Serving

Serve the soup hot, garnished with chopped cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas Thanksgiving

Meal Type

Brunch Lunch Dinner Snack

Preparation Time

More than 1 Hour

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Calcium

Kitchen Tools

Blender

Oven

Course

Soups

Snacks

Sauces & Dressings

Difficulty Level

Medium

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