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[Black Bean and Salsa Soup](#)

Black Bean and Salsa Soup is a flavorful and hearty vegetarian soup. It combines black beans, salsa, and spices for a delicious and nutritious meal. This soup is perfect for cold winter days or any time you're craving a comforting bowl of soup.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

400 g	Black Beans
500 g	salsa
1000 ml	vegetable broth
100 g	onion
10 g	garlic

2 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
0.5 tsp	Black pepper
20 g	Cilantro
30 ml	lime juice

Directions

Step 1

Stove

In a large pot, heat olive oil over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add cumin, chili powder, salt, and black pepper. Stir to combine.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

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

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Blender

Remove from heat and let cool slightly. Use an immersion blender to puree the soup until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Return the soup to the pot and heat over low heat. Stir in lime juice and cilantro.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 1 g

Protein: 10 g

Carbohydrates: 40 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	40 g	72.73%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Snack

Difficulty Level

Medium

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