

Pumpkin and Black Bean Soup

Prep time – 10 mins

cooking time – 25 mins

Total time – 35 mins

Yield: 4.5 cups liquid

Ingredients:

2 Tbsp. olive oil

1.5 cups chopped onion

4 garlic cloves, minced

1 Tbsp. ground cumin

1 tsp. chili powder

2 cans (15.5 oz.) black beans, rinsed and drained

1 cup drained canned tomatoes, chopped

4 cups Vegetable broth

1 can (16 oz) pumpkin puree (about 1.5 cups)

Salt to taste

Garnish: Sour cream and / or lightly toasted pumpkin seeds

Instructions:

In a 6 quart kettle cook onions, garlic, cumin, chili powder in oil over moderate heat. Stir until onion is softened and beginning to brown. Stir in black beans, tomatoes, broth, and pumpkin. Simmer uncovered, stirring occasionally, for 25 minutes or until thick enough to coat the back of a spoon.

If you'd like a more chili-like consistency, serve as is. To puree, use an immersion blender to either partly or completely puree the hot soup. Or, puree the soup in a regular blender, working in batches.

Serve soup garnished with sour cream and toasted pumpkin seeds.