PUMPKIN & BLACK BEAN SOUP

SERVES 8

Preparation time: 10 minutes
Cook time: 30 minutes

INGREDIENTS

2 tablespoons vegetable oil 1 cup milk
1 medium onion, finely chopped 2 teaspoons curry powder
3 cups low-sodium chicken or vegetable broth 1 teaspoon ground cumin
1 14.5-ounce can diced tomatoes ½ teaspoon cayenne pepper
1 15-ounce can black beans, drained Salt and pepper to taste
2 15-ounce cans pumpkin

DIRECTIONS

1. Heat oil in soup pot. Once oil is hot, add onion and sauté for 5 minutes.
2. Add broth, tomatoes, beans, and pumpkin. Stir to combine ingredients and bring to boil.
3. Reduce heat to medium-low and stir in milk, curry, cumin, and cayenne pepper. Simmer 5 minutes.
4. Add seasonings to taste.
5. Chill in shallow containers until soup is safe temperature to eat.

SIMPLY GOOD EATING

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Cook time: 30 minutes
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TIPS & VARIATIONS

• BOUILLON CUBES AND WATER will work in place of broth.
• CANNED OR POWDERED MILK can substitute milk.

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