Pumpkin and Black Bean Soup Recipe

**SERVINGS: 6 (about 1 cup each)**  
35 minutes

**INGREDIENTS**

2 tablespoons olive oil  
1 medium onion, chopped  
4 garlic cloves, minced  
1 tablespoon ground cumin   
1 teaspoon chili powder  
½ teaspoon black pepper  
2 cans (15 ounce) black beans, rinsed and drained   
1 cup canned diced tomatoes  
2 cups beef broth  
1 can (16 ounce) pumpkin puree

**DIRECTIONS**

1. Heat oil in a soup kettle over medium heat, sauté onions, garlic, cumin, chili powder and pepper until soft.
2. Stir in black beans, tomatoes, broth and pumpkin.
3. Simmer uncovered stirring occasionally for about 25 minutes until soup is a thick consistency
4. Serve as is, or puree using an immersion blender for a smooth consistency.

**SUGGESTIONS**

Stir in plain Greek yogurt for added protein and creaminess.  
Add ½-pound ground meat for an additional protein.

**NUTRITIONAL ANALYSIS PER SERVING**  
Serving Size: About 1 cup  
Calories: 290  
Total Fat: 6g  
Total Protein: 15g  
Total Carbohydrates: 46g  
Dietary Fiber: 11g  
Sugars: 3g