



Pumpkin Black Bean Soup

Ingredients:

2 15 oz cans of black beans
2 15 oz cans chopped tomatoes
6 cloves of garlic
2 Tbls ground cumin
1 tsp dried sage
1 tsp to 2 Tbls cayenne pepper (depending on heat desired)
1 Tbls coco powder
1 tsp sea salt
1 tsp ground pepper
2 Tbls olive oil
2 C chicken broth
1 15 oz can pumpkin puree
½ C dry sherry
4 Tbls red wine vinegar
2 Tbls Honey
Dollop of sour cream(optional)
Handful of toasted pumpkin seeds (optional)

1. In a food processor puree both cans of black beans, juice and all.
2. Puree canned tomatoes.
3. In a large, heavy kettle heat the olive oil, reduce heat and cook the onions until clear.
4. Add garlic, cumin, cayenne, sage, salt, pepper – cook over medium heat.
5. Stir in black bean puree and tomato puree.
6. Add broth and sherry – cook until bubbling.
7. Turn on lowest burner will go and simmer for 25 minutes.
8. Add in coco powder, honey and vinegar. Turn burner off and allow soup to sit for 5 to 10 minutes.
9. Garnish with a dollop of sour cream and a handful of toasted pumpkin seeds if you like.