

Black Bean & Pumpkin Soup

Don't be afraid of the pumpkin in this recipe! Pumpkin purée is full of nutrients and is a good substitution for cream to thicken soups!

Makes: 14 servings
 Prep Time: 10 mins
 Cook Time: 35 mins

Source: Cornell Food and Nutrition Education in Communities

Ingredients

- 3 15 oz. cans black beans
- 1 16 oz. can diced tomatoes
- 1 1/4 cups onion, chopped
- 4 cloves garlic, chopped
- 2 tablespoon olive oil
- 2 tablespoon ground cumin
- 1/2 teaspoon pepper
- 4 1/2 cups low fat, low sodium beef broth
- 1 16 oz. can pumpkin purée
- 1/2 lb. chopped ham
- 4 tablespoons apple cider vinegar
- 1 tablespoon of plain low fat Greek yogurt (optional)

Directions

1. Purée beans and tomatoes in blender, set aside.
2. In a large pan, heat oil. Add onion, garlic, cumin and pepper and cook until lightly browned.
3. Stir in bean/tomato purée, beef broth and pumpkin.
4. Let simmer 25 minutes, or until thick enough to coat back of spoon.
5. Add ham and vinegar; stir until heated through.
6. Serving Suggestion: top with a tablespoon of plain low fat Greek yogurt.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	80
Total Fat:	3 g
Saturated Fat:	0.5 g
Cholesterol:	5 mg
Sodium:	500 mg
Total Carbohydrates:	10 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Protein	5 g

Utensils Needed

- Blender
- Sharp knife
- Cutting board
- Large soup pot
- Measuring cups & spoons
- Mixing spoon

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$14.00

Average cost/serving: \$1.00

Makes: 14 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to Cart
Can Low Sodium Black Beans 15 oz



Add 1 to Cart
Beef Broth, Low Sodium, 32 oz



Add 1 to Cart
Can Diced Tomatoes, 14.5 oz



Add 1 to Cart
Pumpkin Puree Canned, 15 oz



Add 1 to Cart
1 Large Onion



Add 1 to Cart
Diced Ham, 8 oz



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Apple Cider Vinegar, 16 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Dried Beans

- Dried beans are typically cheaper per unit and lower in sodium than canned beans.
- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.