

Pumpkin and Black Bean Soup

From Angela Crawford, Ph.D.

This rich, creamy pumpkin soup brings a boost of antioxidants to brighten autumn days.

Pumpkin, red lentils, and plant-based milk make the soup creamy and satisfying, while the spices offer warmth and comfort. Black beans and diced tomatoes add texture and fall colors. Enjoy with salad and crusty cornbread.

NOTE: Consider trying spices like cinnamon, nutmeg, and allspice in place of curry powder, for a different flavor profile.

Ingredients:

- 1 medium onion, peeled and finely diced
- 2 cloves garlic, minced
- 4 cups water or vegetable broth
- 1 can (14 ounces) diced tomatoes in juice
- 1 can (15 ounces) pumpkin puree
- 1/2 cup red lentils, rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 2 tsp curry powder
- 1 tsp ground cumin
- 1/4 tsp cayenne (optional – add last if desire more “heat”)
- 1 tsp salt (optional – adjust to taste)
- Ground black pepper (to taste)
- 1/2 cup unsweetened plant-based milk
- 1/4 cup apple cider (optional)

Instructions:

1. Sauté onion in 1 TBSP of water for about 5 minutes over medium heat, until starting to soften. Add more water if starts to stick.
2. Add the garlic, curry, and cumin, and sauté for about 30 seconds.

3. Add broth, pumpkin, diced tomatoes, and red lentils.
4. Turn up the heat and bring to a boil. Then cover the pot, reduce the heat to medium and cook for 20-25 minutes until the lentils are tender.
5. Puree about 3 cups of the soup in the blender, then return to the pot.
6. Add the black beans, plant-based milk, along with optional salt, pepper, and/or cayenne pepper to taste. If the soup is too thick, add a little water and/or optional apple cider.
7. Simmer for 5 minutes, adjust seasonings, and serve.