



# BLACK BEAN & WINTER SQUASH SOUP

Recipe from Cook for Your Life

Yields: 4 servings

## INGREDIENTS

- 2 Tbsp olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper (optional)
- 3 cups winter squash, cut into 1/2-inch cubes
- 2 cups drained and rinsed black beans
- 2 cups water or broth
- Plain Greek yogurt (optional)
- Cilantro for garnish

## DIRECTIONS

1. In a pot, heat olive oil over medium high heat. Add onion and cook until softened and beginning to brown, about 5-8 minutes.
2. Add garlic, cumin, cayenne, and cook for another 4 minutes.
3. Add squash, black beans, and 2 cups of water or broth.
4. Bring to a boil, then reduce to a simmer for 20 minutes. Remove half of the soup and puree, then return to the pot and heat through.
5. Taste for seasoning, then serve with a dollop of plain yogurt and chopped cilantro.

### Notes

- Winter squash includes kabocha squash, butternut squash, delicata squash, acorn squash, etc.
- Winter squash is a good source of vitamin C and carotenoids which have antioxidant properties.