

Pumpkin Soup

Ingredients

Saute:

2 tbs vegetable

1 small onion, chopped

4 garlic cloves, minced

2 tsp ground cumin and cook 1 min

Combine in a separated bowl:

1 (15 oz) can solid packed pumpkin

1 (15 oz) black beans, rinsed and drained

1 (15 oz) chopped tomatoes, drained

5 cups beef broth

Add to sauted vegetables and simmer uncovered for 25 minutes.

Then add:

1 cup frozen corn

1 large carrot, thinly sliced

Top each serving with sour cream or yogurt.