

BLACK BEAN AND PUMPKIN SOUP

This is such a tasty soup combining all the vegetables that are around in autumn – one of my favourites!

- 2 tablespoons coconut oil
- 1 onion, sliced
- 1 capsicum, diced
- 1 carrots, peeled and diced
- 400 grams pumpkin, peeled and diced
- 3 cloves garlic, crushed
- 1 tablespoon dried oregano
- ¼ teaspoon chilli flakes
- 2 teaspoons ground cumin
- sea salt
- 150 grams chorizo sausage, sliced
- 2 tins cooked black beans, drained and rinsed
- 5 cups chicken stock
- 3 large leaves of silverbeet or equivalent of spinach, chopped



Heat the oil in a large saucepan. Add the onion, capsicum, carrot, pumpkin, garlic and spices. Season with sea salt, and cook for a few minutes.

Stir in one tin of black beans and the stock and simmer for 10 minutes until the vegetables are cooked through.

Blend the soup in a blender along with the silverbeet or spinach.

Return to the pot and add the sliced chorizo sausage and the second tin of black beans. Cook for 5-10 minutes.

Alternatives are to blend some but not all of the vegetables, leaving a few in bigger chunks. It depends on how much you want to hide the ingredients! And you can leave out the chorizo sausage and make it vegetarian.

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