

Black Bean Butternut Squash Soup

4 cups dry black beans, rinsed, soaked

Pressure cook 40 minutes or cook on the stovetop until soft

In heavy pot, sauté on medium heat:

$\frac{3}{4}$ cup olive oil

3 red or yellow onions, diced

7 stalks celery, diced

1 fennel bulb, diced (remove the stem)

1 head of garlic, minced

2 jalapeños, minced

5 teaspoons salt

Place oil, onions, fennel, celery, garlic, jalapeños, salt into a large pot. Cook until vegetables are soft. Add:

1 Tablespoon paprika

2 teaspoons ground cumin

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon West African Curry powder (optional)

Sauté on medium low another 5 minutes. Add:

3 cups minced uncooked butternut squash (food process) (or you can use 2 cans of pumpkin)

6 cups water or veggie broth

Bring to a boil, then turn to simmer for about 30 minutes. Add:

32 oz. can crushed or diced tomatoes

The cooked black beans referenced above. Puree with a food processor or handheld submersible blender. Add:

1 bay leaf

Simmer about 30-45 minutes until consistency of your choosing. Garnish with toasted pumpkin seeds if you like. Add salt if needed. Serves 8.