

Pumpkin-Black Bean Soup

Yield

6 servings

Joanna Pruess April 2006

COOKING LIGHT

This Caribbean-inspired soup combines pumpkin, black beans, tomatoes, and sherry. It's topped with a tangy shower of queso fresco. Use vegetable broth to make this a meatless meal.

Ingredients

1 1/2 cups drained diced canned tomatoes

2 (15-ounce) cans black beans, drained and rinsed

1 teaspoon olive oil

Cooking spray

1 1/2 cups finely chopped onion

1 teaspoon ground cumin

3 garlic cloves, minced

3 cups fat-free, less-sodium chicken broth

2 tablespoons sherry vinegar

1/2 teaspoon freshly ground black pepper

1 (15-ounce) can pumpkin

2 tablespoons dry sherry

1 cup (4 ounces) crumbled queso fresco

1/2 cup sliced green onions

Pumpkinseed kernels (optional)

How to Make It

Step 1 Place tomatoes and beans in a food processor; process until about half the beans are smooth. Set aside.

Step 2 Heat oil in a Dutch oven coated with cooking spray over medium-high heat. Add onion to pan; sauté 5 minutes or until lightly browned. Add cumin and garlic; sauté 1 minute. Add bean mixture, broth, and next 3 ingredients (through pumpkin); bring to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir in sherry. Ladle about 1 cup soup into each of 6 bowls; sprinkle each serving with about 2 tablespoons queso fresco and about 1 tablespoon green onions. Garnish with pumpkinseed kernels, if desired.

Nutritional Information

Calories 175, Calories from fat 16%,
Fat 3.1g, Saturated fat 1.2g, Monounsaturated fat 1.1g,
Polyunsaturated fat 0.2g, Protein 10g,
Carbohydrate 29.2g, Fiber 9.3g,
Cholesterol 6mg, Iron 3mg,
Sodium 785mg, Calcium 139mg.

