

VEGAN ACORN SQUASH SOUP



INGREDIENTS:

- 1 small-medium acorn squash (~2 cups cooked)
- 1 tbsp olive oil
- 1 large onion
- 3 cloves of garlic
- 1 tbsp cumin
- 1/4 tsp black pepper
- 1 15 oz can navy beans
- 1 15 oz can crushed tomatoes
- 2-4 cups of water or vegetable broth
- 1.5 vegetable stock cubes (skip if using broth)
- Topping: 1 tbsp pumpkin seeds

DIRECTIONS:

1. Preheat oven to 375 F
 2. Cut acorn squash down the middle
 3. Remove the seeds and coat the inside with 1/2 tbsp olive oil
 4. Place on a baking sheet flesh side down, roast for 40 minutes or until soft
 5. While squash cooks, chop onion and mince garlic. Drain and rinse the beans, set aside
 6. Scoop out the flesh, set aside
 7. On a large pot, heat the other 1/2 tbsp of olive oil. Once hot add onions and garlic, cook until onions are translucent
 8. Add cumin and black pepper, mix well
 9. Add the beans, squash, tomatoes. Mix well
 10. Finally add water and vegetable stock cubes, cook for ~5 minutes
 11. Place the soup in a large blender, blend until smooth
 12. Serve hot. Optional: Top with 1 tbsp pumpkin seeds
- Enjoy!

Makes 4 Servings | 1 Serving = 1.5 Cups
Calories: 247 | Protein: 12 g | Carb: 37 g | Fat: 8 g | Fiber: 10 g