

Black Bean Pumpkin Soup

3 cans [Eden Foods Organic Black Beans](#), rinsed and drained
1 can [Eden Foods Organic Crushed Tomatoes](#)
1 1/2 cup chopped onion
4 garlic cloves, minced
1 cup whole wheat flour
1 tablespoon plus 2 teaspoons [Swanson Organic Cumin](#)
1 teaspoon [Swanson Himalayan Crystal Salt](#)
1/2 teaspoon [Swanson Organic 100% Certified Organic Peppercorns, ground](#)
1/2 stick (1/4 cup) butter
4 cups beef broth
1 can (15oz) pumpkin puree
1/2 cup dry red wine
1/2 pound cooked diced ham
3 to 4 tablespoons balsamic vinegar



Directions:

In a food processor or blender coarsely puree beans and tomatoes.

In a 6 quart heavy kettle cook onion, garlic, cumin, salt and pepper in butter over medium heat, stirring until onion is softened and beginning to brown. Stir in bean puree. Mix in broth, pumpkin and red wine until combined and simmer uncovered, stirring occasionally, 25 minutes or until thick enough to coat the back of a spoon.

Just before serving, add ham and vinegar and simmer, stirring, until heated through. Season with salt and pepper. Garnish with toasted pumpkin seeds (and shredded cheese, optional).

Garnish:

Toast Swanson Organic Raw Shelled Pumpkin Seeds sprinkled with Himalayan Crystal Salt in the oven at 375 degrees for 5-7 minutes, turning once.

Servings: 9 servings total

Nutritional Breakdown (per serving):

Calories 300, Fat 10 grams, Protein 16 grams, Sodium 1058 mg, Carbohydrates 34 grams, Fiber 10 grams

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